5 ROYAL FLUSHES HIT LAST WEEK.
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Nov. 3-9

BEYOND HERMIONE
THE MANY PURSUITS OF HARRY POTTER'S EMMA WATSON {page 17}

RAMSAY
CELEBRITY CHEF IN TOWN ON BOOK TOUR {page 3}

TORONTO metro®
Monday, November 15, 2010
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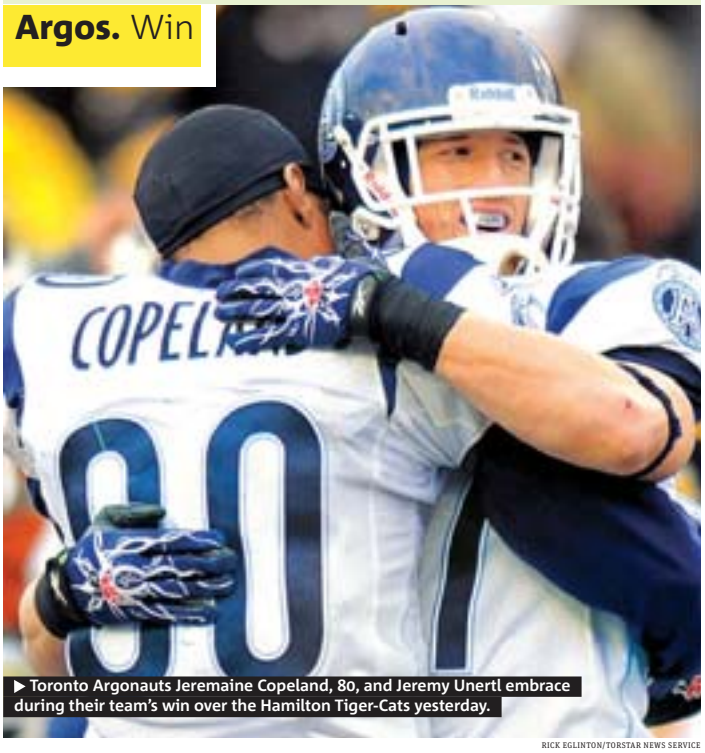
News worth sharing.

Argos. Win



▶ Toronto Argonauts Jeremaine Copeland, 80, and Jeremy Unertl embrace during their team's win over the Hamilton Tiger-Cats yesterday.

RICK EGLINTON/TORSTAR NEWS SERVICE

Argos give Toronto rare playoff win

The Argos scored a 16-13 upset victory over the Hamilton Tiger-Cats yesterday to win the CFL's East Division semi-final. It was the first playoff game to be played by one of the five major Toronto teams since the Raptors lost in the first round of the 2008 NBA playoffs. More coverage, page 30.

Gardiner Expressworm?

Architect suggests encasing highway in glass tube {page 6}

A year of living dangerously

Somali pirates release captive British couple {page 10}

Canadians killed in hotel blast

Nine-year-old Canadian boy among victims of gas explosion at Mexican resort ◐ Hotel is hosting several groups from Canada, including a company vacation

Mexican authorities have confirmed five Canadians, including a young boy, were killed in a gas explosion that rocked a Mexican resort hotel yesterday.

Local authorities said the Canadians were among seven people killed in the blast that took place in the lobby of the 676-room Grand Princess Riviera Hotel in the city of Playa del Carmen around 9:30 a.m.

Eight Canadians were also injured, including two listed in critical condition.

The explosion blasted chunks of flooring through the roof and left a crater a metre deep inside the building. It also blew out windows and hurled pieces of stone paving and glass shards about 50 metres onto the palm-fringed lawn of the compound.

Jesus Puc, director of the civil protection agency, said a nine-year-old boy, a 51-year-old man and two other men between 25 and 30 years old were among the Canadians killed in the explosion.

The resort is hosting a large number of Canadians from various provinces, including at least one wedding and company vacation.

St. Catharines, Ont-resident guest James Gaade told The Canadian Press he estimated about 50 to 70 per cent of more than 2,000 guests staying at the resort were Canadians and said he's met people from Ontario, Alberta, Winnipeg and Quebec.

THE CANADIAN PRESS

Initial investigations

Francisco Alor, attorney general for the state in which Playa Del Carmen is located, said initial investigations were focusing on the possibility that naturally occurring gas from a nearby swamp had built up under the hotel and somehow ignited.

▶ Officials at the resort said no gas lines were located in the area where the blast occurred.

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Courses that breathe life into a new career

"I have recommended the Classical Yoga Instruction Certificate to others looking to get into the practice and will continue to do so. In fact, I often recommend Continuing Education courses at George Brown."

Astrid Mercer

Astrid Mercer was an executive assistant interested in a new career. She quickly realized her true passion was yoga, which she had practiced for years. Her priority then became finding the training that would help her make the change. The first place she looked was Continuing Education at George Brown College. Astrid had taken courses through George Brown before and found them to be contemporary, relevant and easy to get to. So she was thrilled to find the Classical Yoga Instruction Certificate. Not only were the courses practical for her new career but she found that what she learned enhanced her daily life. Astrid finished the certificate in August 2010 and plans to open her own studio.

Read more stories of continuing inspiration in our newest course guide. There, you can also browse the courses and certificates we offer. Astrid found success within our Lifestyle and Special Interest area of interest. Find the areas that interest you.

Pick up your free copy of the course guide at Gateway Newstands in TTC and GO stations.

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Man left dangling after base jump

A Toronto man had to be rescued after a failed attempt to base jump from the top of the Scarborough Bluffs left him dangling off a cliff.

The man miscalculated his jump, and his parachute got caught on one of the peaks. He was left dangling about 60 metres above the ground.

The 26-year-old man is reportedly known for attempting similar stunts.

Fire fighters and police spent 90 minutes rescuing the man, who was not injured. THE CANADIAN PRESS

▶ The Beatles

Tape of Beatles at King Eddy auctioned

An original recording of a 1966 Beatles news conference in Toronto hit the auction block yesterday.

The tape of the news conference at the landmark King Edward Hotel is owned by a former Kitchener, Ont. disc jockey, Larry Roberts.

On the tape, Roberts asks John Lennon about his controversial comment about the Beatles being more popular than Jesus.

Results of the auction in Los Angeles were not available as of press time. THE CANADIAN PRESS

Food. Manulife Centre

▶ Gordon Ramsay signs copies of his latest book Gordon Ramsay's World Kitchen at the Indigo store in the Manulife Centre yesterday. The celebrity chef has a string of appearances in the city this week, including greeting fans Thursday from 5:30 to 7:30 pm at The Bay on Queen Street and hosting the Chef's Challenge: The Ultimate Battle for a Cure to benefit Mount Sinai Hospital on Saturday.

JOHN R. KENNEDY/FOR METRO

Bringing Hell's Kitchen to Toronto

Tory supporters slam Fantino's bid for MP

Prime Minister Stephen Harper appointed the high-profile police vet to run in the long-standing Liberal riding MP Maurizio Bevilacqua stepped down in September after representing the area for 22 years

Merlyn Kinrade has been a card-carrying Conservative since 1967 but he refuses to support Tory candidate Julian Fantino in the upcoming federal byelection in Vaughan.

The 75-year-old is part of Conservatives Against Fantino, a group dedicated to keeping the former Ontario Provincial Police commissioner out of office. "The Conservative Party stands for law and order. Why would you run a candidate that completely disregarded the law-and-order scenario?" Kinrade said. At issue is the 2006 aboriginal occupation of Caledonia.

About 12 people protested outside Fantino's campaign headquarters in Vaughan yesterday afternoon in the first of a series of blitzes before the Nov. 29 vote. The group may be small but it plans to distribute 60,000 anti-Fantino brochures that describe his alleged legacy of lawless and racist policing policies.

▶ Julian Fantino

A spokesperson for Fantino's campaign dismissed the movement led by people who are not eligible to vote in the byelection because they live outside the federal riding.

"Conservatives across Vaughan are highly supportive of Mr. Fantino's campaign. We're receiving very positive reception at the door. Local voters are excited," Stephen Lecce said. TORSTAR NEWS SERVICE

1 news

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Royal Winter Fair. Line dancers

▶ Liz Hooper and Eric Oosterh, from Spencerville, Ont., prepare to compete against each other in the annual Line Dancing Competition at the Royal Agricultural Winter Fair. The couple are engaged to be married in May.

SAUL PORTO/TOP NEWS

Round and round they go

Music producer too quick to sue?

Aspiring young women allegedly targeted

Toronto reggae music producer James Donman has produced more lawsuits in recent years than he has albums.

Donman — a bankrupt former auto-repairman — draws women into signing deals to record songs or appear in steamy music videos. Then Donman sues them in small claims court for as much as $10,000 for what he calls contract breaches.

Carly Barker, a 25-year-old from Stouffville, had to fight Donman in court.

TANNIS TOOHEY/TORSTAR NEWS SERVICE

▶ Carly Barker

In November 2007, Barker auditioned for the 57-year-old who told her he was producing a video for a "sexy" up-and-coming reggae artist that turned out to be himself.

Less than a year later, she received a $9,400 lawsuit from Donman alleging breach of contract because she refused to return to complete the work.

The case has been in court for two years.

"I've spent more than $4,000 on legal fees, not to mention the time off work, the sleepless nights, the stress and the loss of work I could have had," said Barker.

Donman said the lawsuits are his only recourse against people who used him and tried to weasel out of contracts.

TORSTAR NEWS SERVICE

City urged to stay on track to light rail

Light rail transit isn't only cheaper than subways, it's also better for the environment, argues a new report by the Toronto Environmental Alliance and a coalition calling itself TTCriders.

With a pro-subway mayor-elect preparing to take the reins at City Hall, the two groups want to move the discussion of transit expansion away from the financial cost to the environmental benefits.

"But the good news is that the best option for the environment is also the best option for the pocketbook," said Toronto Environmental Alliance (TEA) executive director Franz Hartmann.

The report notes that subways cost about three times as much as light rail to build.

▶ The proposed light rail vehicle in an artist's rendering.

Although subways carry more people and could, therefore, potentially take more cars off the road, their benefits are only maximized in densely populated areas.

The Transit City plan, which mayor-elect Rob Ford has said he wants to replace with subways, is designed to serve the suburbs where that kind of density doesn't exist, said Hartmann. TORSTAR NEWS SERVICE

Emissions

Vehicle-type GHG emissions (tonnes) per one million passenger kilometres travelled:

- Diesel bus: 116.6
- Light rail vehicle: 39
- Subway: 29

GHG emissions for LRVs and subways per dollar invested:

- Light rail vehicle: 39
- Subway: 87

SOURCE: CLEARING THE AIR ON THE TTC: RECOMMENDATIONS TO INCREASE THE ENVIRONMENTAL BENEFITS OF THE TTC BY THE TORONTO ENVIRONMENTAL ALLIANCE AND TTCRIDERS

Sex assault suspect in custody

Days after police issued a warrant for his arrest, a suspect in a Toronto sex assault case involving a 13-year-old girl has turned himself in.

Police said yesterday that 32-year-old Devon Simpson walked into a police station Saturday.

A girl says she was assaulted after school in Knob Hill Park on Nov. 2.

THE CANADIAN PRESS

RCMP head defends G20 actions

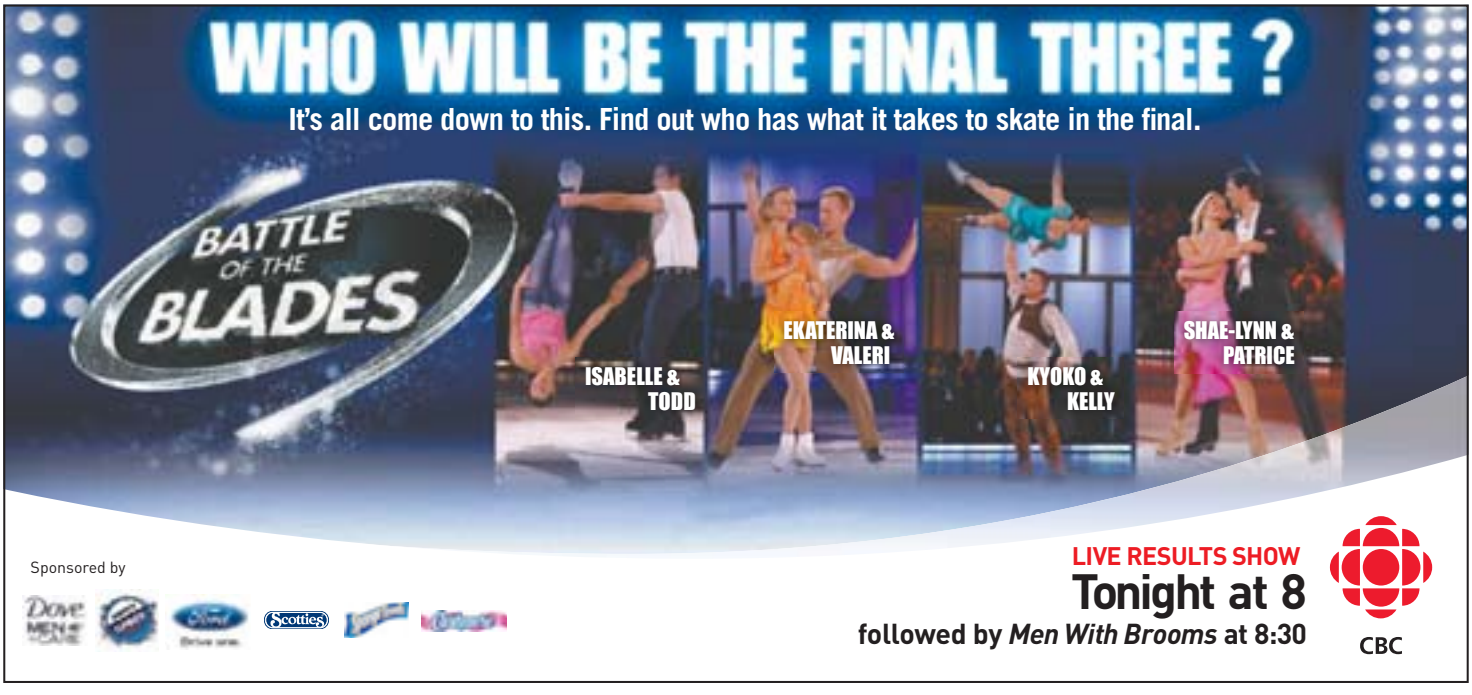
The head of the RCMP has defended police actions at the Toronto G20 summit despite more than 1,000 arrests and complaints of violent tactics and arbitrary searches.

In correspondence released under the Access to Information Act, RCMP Commissioner William Elliott says police "acted professionally" to ensure safety. THE CANADIAN PRESS

Social media rules lacking?

While there's disagreement over whether it's appropriate for teachers and students to friend each other on Facebook, participants at a York University workshop agreed that Ontario schools seem to be dithering on setting social media rules.

Student Nicole Daniels said "there are some things that a teacher just shouldn't see." TORSTAR NEWS SERVICE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News worth sharing.

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Architect and engineer Peter Michno wants to turn the Gardiner Expressway into an elevated glass tube.

Gardiner idea gets creative

Latest idea to retain expressway turns road into glass-covered tube ◐ Designer rejects teardown scheme

Picture a long, transparent worm with tentacles filled with cars, and you begin to get a sense of what architectural designer Peter Michno has in mind for the Gardiner Expressway.

He envisions a vented, glass-covered tube that would run seven kilometers, end to end, of the elevated section, from Dufferin Street east to the Don Valley Parkway. Tolls would fund the construction costs, and beneath the roadway would be new green space and pedestrian walkways.

Sound far-fetched? Maybe, maybe not.

Michno's idea has the support of a prominent principal architect in the city, and the president of the Toronto Association of Business Improvement Areas (TABIA).

Outgoing Mayor David Miller and Waterfront Toronto officials support a plan to tear down a section of the Gardiner just east of Jarvis for about $300 million. An environmental assessment is currently underway, with no decision expected before early next year. TORSTAR NEWS SERVICE

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Chile's 33: Where are they now?

Today marks 33 days since Chile's 33 miners were rescued from the San Jose mine on Oct. 13

Since the rescue, "Los 33" have been enjoying a mixture of worldwide celebrity acclaim through numerous media appearances, and quiet down-time with friends and family.

While the mine's parent company, Grupo San Sebastián, has declared bankruptcy, the miners' global fame is set to continue, with a planned appearance on CNN's Heroes program, a trip to the Holy Land and a three-day visit to watch Manchester United play Arsenal.

METRO WORLD NEWS

Full coverage of all 33 miners online at www.metronews.ca

What's new?

Recent activities of some of the miners, in order of their rescue:

- **#2, Mario Sepúlveda** The 39-year-old now known as Super Mario has been using his famed, flamboyant personality to earn himself numerous TV appearances.
- **#4, Carlos Mamani** The group's lone Bolivian took up President Evo Morales's offer of a guaranteed job and a new house if he returned to his homeland.
- **#5, Jimmy Sánchez** The 19-year-old has made an appearance at a soccer match of Santiago-based team Universidad de Chile.

Myanmar. Finally free

▶ Myanmar pro-democracy leader Aung San Suu Kyi delivers a speech to supporters at the headquarters of her National League for Democracy party yesterday.

KHIN MAUNG WING/THE ASSOCIATED PRESS

The struggle goes on

The country's democracy icon, freed from seven years of house arrest, told thousands of wildly cheering supporters that she would continue to fight for human rights and the rule of law in the military-ruled nation.

Politics amid the fishing and hunting

AP PHOTO/DISCOVERY COMMUNICATIONS

▶ Palin with her son Trig

Sarah Palin's Alaska portrays the show's heroine as an adventure-loving wife and mother enjoying a whirlwind of activities amid spectacular settings in her home state. There are no overt clues to her future political ambitions.

However, throughout the first episode of the eight-part TLC documentary series that began yesterday, her outdoorsy image often played nicely with her familiar political message.

In one scene, Palin and her family are fishing near a bear and two frolicking cubs. For months, Palin has referred to strong Republican female candidates as "mama grizzlies."

THE ASSOCIATED PRESS

Quake was no friend of science

5.0 The June 23 quake measured at 5.0 on the Richter scale.

The earthquake that shook the capital this summer spilled toxic mercury at Canada's troubled science museum, forcing the cash-strapped facility to spend thousands for a cleanup.

The episode also rattled the museum president, who has warned that the next big quake could collapse the geriatric building that houses the main displays. The quake rocked the historic lighthouse on the museum's front lawn, causing a part of a pool of mercury to spill out of its bowl.

Mercury was sometimes used in lighthouses built after 1890.

THE CANADIAN PRESS

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THE ASSOCIATED PRESS

▶ British sailors Paul and Rachel Chandler after they were released yesterday in Adado town, Somalia by the pirates who kidnapped them on Oct. 23 last year.

Pirates free captives

The retired British couple says they are happy to be alive after being held hostage for more than a year by Somali pirates who boarded their private yacht

A British couple kidnapped off their private yacht by Somali pirates more than a year ago were set free yesterday, ending one of the most drawn-out and dramatic hostage situations since the rash of piracy began off East Africa.

The family said it would not comment on questions about payment to the pirates so as not to encourage the capture of other private individuals.

Despite the couple's release, Somali pirates still hold close to 500 hostages and more than 20 vessels. The pirates typically only release hostages for multi-million dollar ransoms.

THE ASSOCIATED PRESS

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News in brief

DALE WETZEL/THE ASSOCIATED PRESS FILE

▶ A hockey sweater with the Fighting Sioux logo.

80-year-old logo finished

GRAND FORKS, NORTH DAKOTA. The University of North Dakota is undergoing a mandatory facelift after the NCAA concluded the 80-year-old Fighting Sioux nickname was hostile and abusive. By next August, most vestiges of the nickname including logos on letterheads, Indian heads on walls and windows, even food items on menus must be erased, removed, power-washed or painted over. THE ASSOCIATED PRESS

New light rail for pilgrims

MINA, SAUDI ARABIA. Some of the expected 2.5 million Muslims that started the annual Hajj pilgrimage in Saudi Arabia yesterday have a new way to avoid the crowds: An elevated light-rail that will whisk them between holy sites. Officials hope the new 18-kilometre train line dubbed Mecca Metro will alleviate crowding and help prevent stampedes. THE ASSOCIATED PRESS

West can never defeat al-Qaida, general says

LONDON. The head of Britain's armed forces has warned that the West can never defeat al-Qaida and other militant Islamic groups, only contain them.

Gen. David Richards is reported as saying in interviews with British media published yesterday that defeating Islamist militancy is "unnecessary and would never be achieved." THE ASSOCIATED PRESS

Cholera deaths in Haiti climb

PORT-AU-PRINCE, HAITI. Haitian President Rene Preval is giving citizens tips on fighting the rapid spread of cholera. The disease had never had a confirmed case in Haiti before late last month, but now it has killed more than 917 people and hospitalized at least 14,600. THE ASSOCIATED PRESS

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40	$14	$18	$27	$12	$15	$21
45	$18	$26	$38	$14	$18	$27
50	$17	$35	$60	$13	$26	$40
55	$25	$55	$93	$19	$38	$69
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GREG BAKER, POOL/AP PHOTO

▶ Canadian Prime Minister Stephen Harper's wife, Laureen, centre, rides on a Toyota Winglet, a personal mobility device, at the Japan Experience exhibition during the APEC leaders' summit in Yokohama, near Tokyo, yesterday.

APEC fails to deliver

Leaders pledged to restructure their economies But their words made it clear change would be slow

Stephen Harper tried to put a positive spin on the twin Asian summits that struggled in vain to produce a game plan for the global economy's long-term recovery.

The APEC summit in Japan concluded yesterday with the 21 leaders vowing to continue working toward freer trade, and promising to refrain from anything that might spark a currency war.

At the earlier G20 summit in Korea, the leaders pledged to continue talking about how to ensure their currencies and trade balances don't stray too far into dangerous territory.

But neither summit came close to delivering the "bold" action Harper had called for on the eve of the meetings to keep the global economy from drifting back to the brink.

"The necessity of dealing with medium-term questions of global imbalances and exchange rates — those do have to be tackled over time," Harper told reporters.

Harper said Canada's budget won't be affected by the loss of momentum in talks to shore up the global economy. THE CANADIAN PRESS

Results?

- **APEC committed** to a long-term strategy to boost growth in the Pacific Rim.
- **Members promised** to keep working on free trade and removing protectionist barriers thrown up during the recent financial crisis.

Market moment

PRICES AS OF 5 P.M. FRIDAY

DOLLAR	TSX
- 0.09¢ US (99.10¢ US)	- 185.50 (12,749.24)

OIL	Natural gas 1,000 cu ft
- $2.93 US ($84.88 US)	$3.902 US (- 2.5¢ US)

Gold contracts $1,365.50 US (- $37.80 US)

2010-2011

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Nov. 4	Centerpoint Mall 6600 Yonge St. 3:00 p.m. – 7:30 p.m.		Woodside Square Library 1571 Sandhurst Circle 3:00 p.m. – 7:30 p.m.	Four Villages Comm. Health Centre 3446 Dundas St. W. 3:00 p.m. – 7:30 p.m.
Nov. 5	Centerpoint Mall 6600 Yonge St. 3:00 p.m. – 7:30 p.m.	Gerrard Square 1000 Gerrard St. E. 3:00 p.m. – 7:30 p.m.	Heron Park Community Centre 292 Manse Rd. 4:00 p.m. – 7:00 p.m.	Cloverdale Mall 250 The East Mall 3:00 p.m. – 7:30 p.m.
Nov. 6	Centerpoint Mall 6600 Yonge St. 11:00 a.m. – 4:00 p.m.	Gerrard Square 1000 Gerrard St. E. 11:00 a.m. – 4:00 p.m.		Cloverdale Mall 250 The East Mall 11:00 a.m. – 4:00 p.m.
Nov. 9		Toronto City Hall 100 Queen St. W. 11:00 a.m. – 3:00 p.m.		
Nov. 10				LAMP Community Health Centre 185 Fifth St. 2:00 p.m. – 6:00 p.m.
Nov. 12	Parkway Mall 85 Ellesmere Rd. 3:00 p.m. – 7:30 p.m.	Metro Hall 55 John St. 11:00 a.m. – 3:00 p.m.	McGregor Park Recreation Centre 2231 Lawrence Ave. E. 3:00 p.m. – 7:00 p.m.	Albion Centre 1530 Albion Rd. 3:00 p.m. – 7:30 p.m.
Nov. 13	Parkway Mall 85 Ellesmere Rd. 11:00 a.m. – 4:00 p.m.	Bickford Centre 777 Bloor St. W. 10:00 a.m. – 2:00 p.m.	Birchmount Community Centre 93 Birchmount Rd. 11:00 a.m. – 3:00 p.m.	Albion Centre 1530 Albion Rd. 11:00 a.m. – 4:00 p.m.
Nov. 17		Toronto Police Services 40 College St. 11:00 a.m. – 3:00 p.m.		
Nov. 18	Loblaws Supermarket 2877 Bayview Ave. 3:00 p.m. – 7:30 p.m.	Toronto-Dominion Centre (Linkway) 66 Wellington St. W. 11:00 a.m. – 3:00 p.m.	Centennial College – Progress 941 Progress Ave. 3:00 p.m. – 7:00 p.m.	Stonegate Comm. Health Centre 150 Berry Rd. 3:00 p.m. – 7:30 p.m.
Nov. 19	Loblaws Supermarket 2877 Bayview Ave. 3:00 p.m. – 7:30 p.m.	Toronto-Dominion Centre (Linkway) 66 Wellington St. W. 11:00 a.m. – 3:00 p.m.	Ellesmere Community Centre 20 Canadian Rd. 3:30 p.m. – 7:00 p.m.	
Nov. 20	Villa Colombo 40 Playfair Ave. 11:00 a.m. – 4:00 p.m.	Wellesley Community Centre 495 Sherbourne St. 11:00 a.m. – 4:00 p.m.	Malvern Library 30 Sewells Rd. 11:00 a.m. – 4:00 p.m.	Woodbine Centre 500 Rexdale Blvd. 11:00 a.m. – 4:00 p.m.
Nov. 25	Villa Colombo 40 Playfair Ave. 3:00 p.m. – 7:30 p.m.		Centennial College – Ashtonbee 75 Ashtonbee Rd. 2:00 p.m. – 6:00 p.m.	Etobicoke Civic Centre 399 The West Mall 3:00 p.m. – 8:00 p.m.
Nov. 26	Yorkgate Mall 1 Yorkgate Blvd. 3:00 p.m. – 7:30 p.m.	Metro Hall 55 John St. 11:00 a.m. – 3:00 p.m.	West Rouge Community Centre 270 Rouge Hills Dr. 3:00 p.m. – 7:30 p.m.	Etobicoke Civic Centre 399 The West Mall 3:00 p.m. – 8:00 p.m.
Nov. 27	North York Civic Centre 5100 Yonge St. 11:00 a.m. – 4:00 p.m.		Loblaw – Real Canadian Superstore 1755 Brimley Rd. 11:00 a.m. – 4:00 p.m.	North York Sheridan Mall 1700 Wilson Ave. 11:00 a.m. – 4:00 p.m.
Dec. 1		Wallace Emerson Community Centre 1260 Dufferin St. 3:00 p.m. – 7:30 p.m.		
Dec. 2			Scarborough Civic Centre 150 Borough Dr. 3:00 p.m. – 8:00 p.m.	
Dec. 3	Northern District Library 40 Orchard View Blvd. 11:00 a.m. – 3:00 p.m.		Agincourt Library 155 Bonis Ave. 3:00 p.m. – 7:00 p.m.	
Dec. 4				Bishop Marrocco / Thomas Merton Catholic Secondary School 1515 Bloor St. W. 11:00 a.m. – 4:00 p.m.
Dec. 8		Wallace Emerson Community Centre 1260 Dufferin St. 3:00 p.m. – 7:30 p.m.		
Jan. 10	North York Civic Centre 5100 Yonge St. 4:00 p.m. – 8:00 p.m.			
Jan. 11			Scarborough Civic Centre 150 Borough Dr. 4:00 p.m. – 8:00 p.m.	
Jan. 12				Etobicoke Civic Centre 399 The West Mall 4:00 p.m. – 8:00 p.m.
Jan. 13		East York Civic Centre 850 Coxwell Ave. 4:00 p.m. – 8:00 p.m.		

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Job stress linked to heart attack risk in women

Study finds that stress is particularly problematic when people have no opportunity to control it

Women with high levels of job strain have a significantly higher risk of suffering a heart attack or other adverse cardiovascular event compared to those who report less stressful work lives, a major study has found.

Researchers, who will present their findings today at the annual meeting of the American Heart Association in Chicago, found an overall 40 per cent increased risk for heart attack, stroke, the need for invasive procedures like bypass surgery, and death from cardiovascular disease.

Broken down, the risk of heart attack was almost 88 per cent higher in women with sustained on-the-job stress, while the risk of bypass surgery or other procedures, such as balloon angioplasty to open up blocked coronary arteries, was about 43 per cent higher.

Job strain, a form of psychological stress, is defined as having a demanding job but little or no decision-making power or opportunities to use creative skills.

The study also found that job insecurity — the fear of losing one's livelihood — was linked to risk factors for cardiovascular disease, such as high blood pressure, elevated cholesterol levels and excess body weight. However, it did not translate into a higher risk of heart attacks. THE CANADIAN PRESS

Women's studies

- **The Women's Health Study** was sponsored by the U.S. National Heart, Lung and Blood Institute.
- **Researchers followed** 17,415 healthy female health professionals for more than 10 years to track the development of cardiovascular disease.
- **The findings** mirror those of a study of 12,000 Danish nurses published earlier this year.

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THE CAMERA TURNED HER LIFE AROUND

Urban Compass

CAROLYN MORRIS

Annette Seip is a photographer – but she used to be a scientist.

With a master's in medical science, she was a senior clinical research manager of a large pharmaceutical company and studied things like endothelium dependent relaxation in the rat superior mesenteric artery. Whatever that means.

Then one day, she snapped. She wasn't able to get out of bed in the morning and didn't even call in sick. "I was numb," she says. She stayed in bed for three days, until her estranged husband found her and brought her to a psychiatric hospital.

It had been a tough year. She had just started a stressful new job and moved to a new city — from Toronto to Vancouver. On top of that, her father died and her husband had an affair.

She spent the next six months in hospital, on a cocktail of medications — anti-psychotic drugs, lithium, anti-depressants. She also learned to paint. The hospital had classes in the day, and at night a guard let her into the art room where she'd paint away sleepless hours. "I'm a terrible painter," she admits.

"Nature's powerful, peaceful. Not like the chatter in your head."

The petite, middle-aged woman with short blond hair in a stylish do has just participated in a panel discussion at the Rendezvous With Madness film festival. The event is put on by Workman Arts, a non-profit arts group that supports artists with mental health or addiction issues.

After returning to Toronto, Seip spent stints in psychiatric institutions, and survived several suicide attempts. She still painted, but it wasn't until she got her dog from the Mississauga pound that her life took a turn for the better.

She couldn't mope around in bed because she needed to take the dog outside for walks. She also had to talk to other dog owners. On one of her walks near her apartment in Port Credit, she saw a photographer at the end of a pier taking a picture of a misty landscape.

"It was so beautiful." She felt she had to capture the image, but figured she could never paint it. She bought a one-megapixel camera and started taking photos. She says the camera was able to get her out of her head and into the natural beauty around her. "Nature's powerful, peaceful. Not like the chatter in your head," she explains.

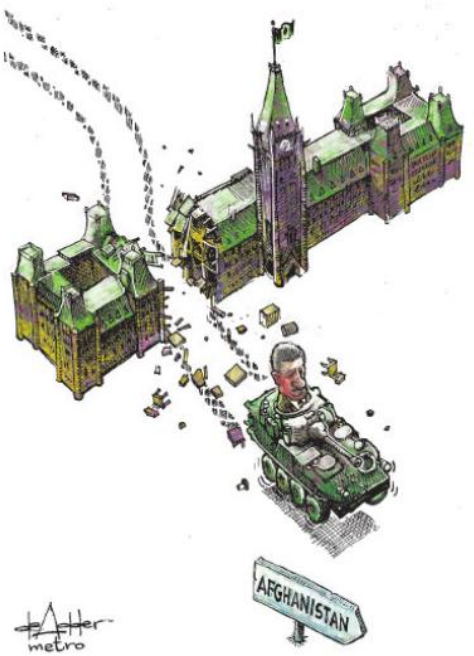
She won a 12-megapixel camera in a contest with a picture of her dog, than started entering her photos in art shows and winning prizes. Now she's studying professional photography at Sheridan College and experimenting with Photoshop. "The camera rescued me." She still takes prescription drugs for a chronic mood disorder, but, she says, "for me, my camera is my real medication."

Contact Carolyn Morris at urbancompass@metronews.ca

Cartoon

MICHAEL DE ADDER

Finish what you start



Letters & Tweets

We asked: Should Canada extend the Afghan mission?

TORONTO. Of course we should! To give you an example, it would be the same as a contractor half way through a project saying to the client, Well, I'm done here, leaving the client with no way of finishing the work. This would be an insult to the men and women who have served over there and to the Afghans and especially to the ones we lost. If you start something I was told you had to finish it. **JAY HOWSON**

TORONTO. No, Canada should not continue the mission in Afghanistan. In the last couple of years all I have heard is (with regards to the auto sector and recession), we will do whatever the Americans do. Every time an event or problem arises, our leaders just wait to see what the Americans will do — then we follow. Now our leader is changing his mind like the flag blowing in the wind. Good luck Canada, we are going to need it. **JAMES BROWN**

TORONTO. Canada should get out of Afghanistan, the sooner the better! The world is unable to change this country. It is hell for our young soldiers. **ERIKA NEESER**

The other face of the mission

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS FILE

Movember moustaches. Like them? Hate them?

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Metro Minute at a library for children

Your tweens may text like dexterous banshees, but you're having trouble convincing them that "lol" does not belong at the end of a proper sentence.

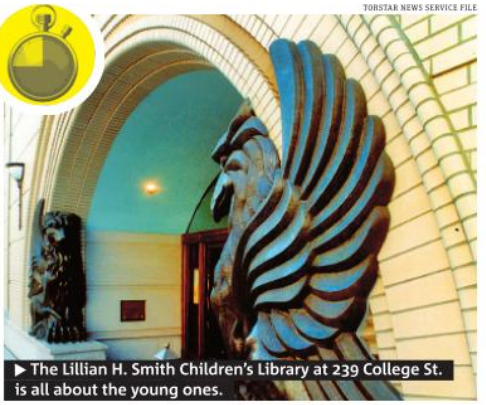
The best way to get them to crack open a musty old book? Make it seem like it's all about them.

And really, at the Lillian H. Smith branch of the Toronto Public Library, it is all about them.

When the collection first opened in 1922, it was the first library in the British Empire devoted exclusively to children's literature.

So slip into the stacks and grab an armload of folk tales. Because the original Grimm Brothers can still scare the pants off any Xbox-hardened tyke. **JORDANA DIVON**

TORSTAR NEWS SERVICE FILE



▶ The Lillian H. Smith Children's Library at 239 College St. is all about the young ones.

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More to life than Hogwarts

Harry Potter's Emma Watson talks career, school and ethical fashion

▶ Emma Watson plays Hermione in the Harry Potter series. Now, she's studying history and exploring her love for fashion.

EMMA FORREST
SCENE@METRONEWS.CA

Emma Watson, who recently finished a new movie, My Week With Marilyn, talks to Metro about Harry Potter, going to college in the U.S. and her passion for ethical fashion.

What did you think of the last Harry Potter book being turned into two movies?
I'll be honest, I was like, 'Is this a money spinner?' I was very cynical and dubious about it.

Then, I talked with the producers and they said, 'Look, there's no way we can fit everything into one movie. It won't be as true to the book.'

Was this movie the most physically demanding?
Yes, especially in part two. There were days when I was in tears. More than anything, being cold and wet takes so much energy out of you.

But David (Yates, the director) said, 'It looks better when you look vulnerable. It's so much realer.'

He's right, we were these bedraggled, unlikely heroes.

But there were days when I was so tired that I would fall asleep anywhere.

Did you take any souvenirs from the set?
I asked for permission to take Hermione's time turner from the third movie, and the cloak and my wand.

How does filming fit in with college?
It doesn't really, I'm not going to lie. I have to work really hard when I'm there to earn my professors' respect. I'm doing a history major. I love it.

You've also done an organic fashion line for Italian designer Alberta Ferretti. You previously did a range for ethical clothing company People Tree. Why is ethical fashion so important to you?
I would work for anyone for free if they are prepared to make their clothes fair trade and organic.

Nobody has any contact with the way things are made. I find it alarming that nobody questions it.

I'd love to persuade (Burberry design chief) Christopher Bailey to do even just a section of Burberry that was organic or fair trade.

It's something that I want to champion. It makes such a huge difference to the lives of the people who are making it and the environment. The impact is epic.

Emma's growing passion for ethical fashion

Fashionista Emma Watson talks about her new clothing line for Alberta Ferretti, and why ethical fashion is so important to her.

When did you cut your hair?
About three months ago – I didn't tell anyone I was going to do it.
I went into a hair salon in New York, and took a couple of pictures of Mia Farrow and said 'I want to look like this.'

What are you working on, fashion-wise?
I just did an organic clothing line with Alberta Ferretti. Alberta wrote to me and said, 'I saw what you did with [ethical brand] People Tree and I think it's a great idea. Would you do something with me?'
Jane Birkin was my inspiration for the collection, classic French, '60s Jane Birkin.

What is the organic and fair-trade fashion industry like?
Something like one per cent of clothing is made from organic cotton, which is a shame.
It seems like environmental and ethical presence is really making its way into supermarkets and so many other areas, but for some reason people don't seem to question where their clothes are from.

What has been your most glamorous fashion moment to date?
Probably when Chanel took me to Paris to try on an outfit for a premiere. I went round Coco Chanel's apartment. I found that really overwhelming.

EMMA FORREST

2 scene

Scene in brief

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						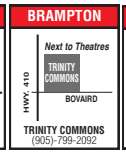	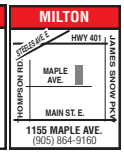		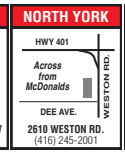	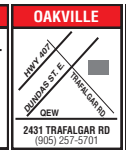	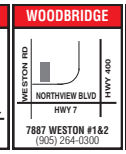	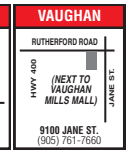
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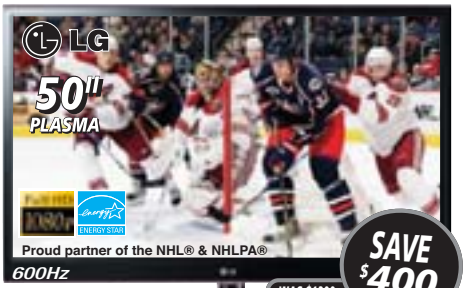

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Addled, as always

Conflicting messages in — and surrounding — Sarah Palin's Alaska may confuse viewers

GILLES MINGASSON/ ASSOCIATED PRESS

▶ The eight-part TLC documentary series Sarah Palin's Alaska, doesn't reveal any overt clues to her politcal ambitions.

Sarah Palin's Alaska portrays the show's heroine as an adventure-loving wife and mother enjoying a whirlwind of activities amid spectacular settings in her home state.

There are actually no overt clues to her future political ambitions.

However, in the first episode of the eight-part TLC documentary series that began yesterday, Palin's outdoorsy image often plays nicely with her familiar political message.

One scene shows Palin and members of her family fishing near a bear and two cubs. Cut to the Tea Party darling and her self-sufficiency speech.

For months, Palin has referred to strong Republican female candidates as "mama grizzlies."

"I love watching these mama bears," Palin tells the TLC camera. "They've got a nature, yeah, that humankind could learn from. She's trying to show her cubs, 'Nobody's gonna do it for ya...'"

Translation: Stop relying on government.

The scene and others are sure to suggest to some viewers that the former Alaska governor and 2008 Republican vice-presidential nominee is positioning herself for a 2012 presidential run.

Other messages seem to conflict with those ambitions, though.

Palin talks about her love of wild Alaska, offering in one well-known homily, "A poor day of fishing beats even a great day at work."

Then come the snippets that could fill in as campaign slogans, particularly with Palin's very political messages on media forums.

"What all this suggests is that she's crafting her lifestyle as typifying a person who's independent, rugged, resilient, in touch with nature and has learned life lessons that she can bring into governance if she moves back into governance," said Kathleen Hall Jamieson, a University of Pennsylvania communications professor who studies political rhetoric.

Of course, with a production of this magnitude, money also could be a powerful motivation.

Palin, who could not be reached for comment, reportedly was seeking as much as $1.5-million per episode, according to The Hollywood Reporter.

TLC, a division of Discovery Communications, has refused to divulge Palin's cut from the series, which is produced by Mark Burnett of Survivor fame.

THE ASSOCIATED PRESS

TV picks

House lockdown

DRAMA The House hospital is on lockdown because of a potential smallpox outbreak. Doctors believe a teen contracted the disease from a 200-year-old medicine jar that was found in a shipwreck. (Fox)

Last battles

REALITY Tonight's Battle of the Blades results show will set up next week's finale. Fan favourites Jamie Sale and Theo Fleury were eliminated last week, so it's anyone's guess who will take the title. (CBC)

Lie to Me brainwash?

DRAMA On Lie to Me, Saskatoon native David Sutcliffe guest stars as a self-help guru. Cal suspects his character of brainwashing a woman and threatening him and his daughter. (Fox)

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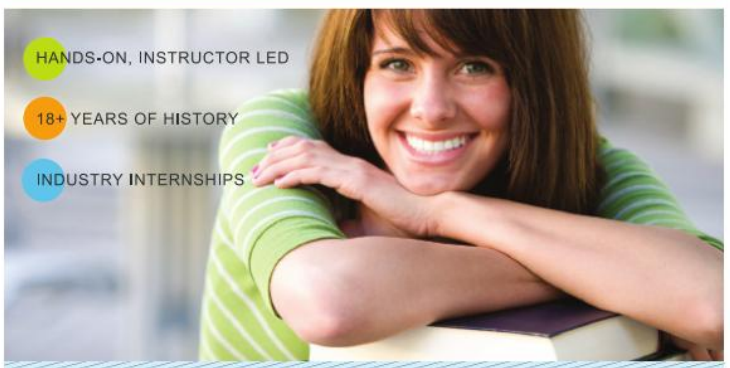

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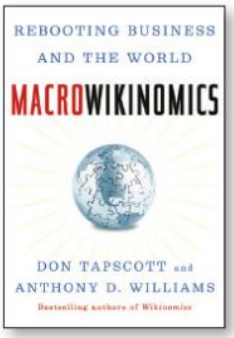

Don Tapscott
Monday, November 15th, 6pm
Indigo Manulife Centre

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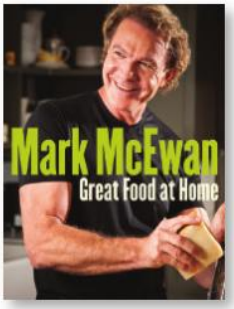

Mark McEwan
Tuesday, November 16th, 7pm
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Less Than Kind, more than stellar

CBC's Henry VIII hit The Tudors takes home a Gemini Award for best drama, beating out Flashpoint, which wins for best direction in a drama

After a tough year involving the death of series star Maury Chaykin, the talent behind Winnipeg sitcom Less Than Kind had reason to celebrate Saturday as the show was crowned the king of comedy at the Gemini Awards.

"I know Maury would be thrilled to see this," said Mark McKinney, producer of the HBO Canada series that won a leading three Geminis at the 25th annual gala, hosted by Canadian Glee star Cory Monteith.

"He was so proud of the show and he really liked it and he was a creative partner on it so I think he'd be happy for the success.

"But we miss him an awful, awful lot."

Less Than Kind won awards for best comedy, best writing in a comedy for series creators Chris Sheasgreen and Marvin Kaye, and best individual comedy performance for Benjamin Arthur.

"This is Maury's," said Arthur as he held up his trophy backstage. He beat out co-stars Wendel Meldrum and Lisa Durupt in the category.

Chaykin, who died in Toronto in July at age 61, played the patriarch of a dysfunctional family in Less Than Kind.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

"You should know, I'm not just some flavour of the month."
CORY MONTEITH, GLEE STAR, ON HOSTING THE GEMINI AWARDS

The death of his character is now being written into Season 3, which just started shooting on Friday.

"I think we're really lucky that the writers are so talented and that they can take such a sad storyline and actually still put humour into it and still set it with the tone of the piece," said Durupt.

Monteith, who plays heartthrob Finn Hudson on Glee, professed a love for Degrassi and addressed what he called the "giant elephant in the room" — why someone with more experience in hosting wasn't helming the show.

THE CANADIAN PRESS

AARON VINCENT ELKAIM/THE CANADIAN PRESS

▶ Producer Jordan Jacobs, left, Elvis Costello, centre and producer David Furnish from Spectacle: Elvis Costello With.... pose for a photo with their Gemini Award for best talk series during the 25th Annual Gemini Awards in Toronto on Saturday.

Sally Field honoured

The 64-year-old Oscar and Emmy winning star of ABC's Brothers & Sisters Sally Field was honoured Friday at the Birmingham Community Charter High School in the San Fernando Valley community in California. An auditorium was dedicated in Field's name. Field graduated from the school in 1964. THE ASSOCIATED PRESS

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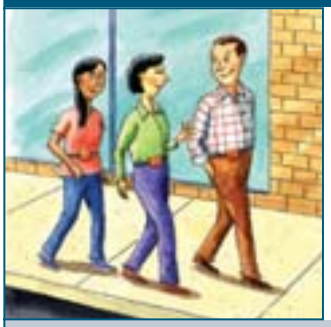

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2380 Eglinton Ave E
416-396-8924

Lillian H. Smith
239 College St
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Malvern
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Maria A. Shchuka
1745 Eglinton Ave W
416-394-1000

Maryvale (Parkway Mall)
85 Ellesmere Rd
416-396-8931

McGregor Park
2219 Lawrence Ave E
416-396-8935

Morningside
4279 Lawrence Ave E
416-396-8881

New Toronto
110 Eleventh St
416-394-5350

North York Central Library
5120 Yonge St
416-395-5535

Parkdale
1303 Queen St W
416-393-7686

Rexdale
2243 Kipling Ave
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S. Walter Stewart
170 Memorial Park Ave
416-396-3975

St. James Town
495 Sherbourne St
416-393-7744

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2 King St
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TORONTO

Ready to rock again

The Canadian singer is set to drop her fourth album

BILL KOSTROUN/ASSOCIATED PRESS

▶ Avril Lavigne.

Avril Lavigne says her fourth record is set for release after "bureaucratic BS" held it back for a year.

Writing on her MySpace blog, the 26-year-old pop-punker betrayed agitation with her record company.

"I'm done with my 4th record!!! Well, actually I have been done for a year... and now my record company have finally decided to release it," she wrote.

"This has been a really difficult record for me to create. Not only is this the most meaningful and special record I have written, it is sincere, honest and close to my heart.

"But for the first time I experienced a bunch of bureaucratic BS..."

The Ontario native's last record was 2007's The Best Damn Thing. It featured the No. 1 hit Girlfriend, went platinum twice in Canada and sold well around the world.

Intervening years were tumultuous for Lavigne.

She announced her divorce from Sum 41 frontman Deryck Whibley last year and decided to make a management change.

This fourth record has been troublesome, too. It was originally slated for release in fall, 2009. Later, Lavigne told reporters it would see a June release.

"I know you guys have been waiting for a long time...and so have I, but not by choice," she wrote.

She says the first single from the album is called What the Hell. She's planning on shooting the video in two weeks.

THE ASSOCIATED PRESS

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Mel speaks out

'I have never and would never hurt Lucia,' says actor-director about ex-girlfriend's allegations of infant-daughter abuse

As the court battle rages on between Mel Gibson and Oksana Grigorieva, the Oscar-winning actor and director is finally speaking out about some of the claims made against him about endangering his infant daughter, according to Radar Online.

"Among these false statements are allegations by Oksana that I hurt Lucia and that I have made threats to hurt or even to kill our daughter," Gibson says in a court filing obtained by the website

"I have never and would never hurt Lucia and I have most certainly never threatened to do so. My children are the most precious part of my life."

METRO

▶ Mel Gibson and Oksana Grigorieva in happier times.

▶ John Travolta and Kelly Preston

Report: Baby news prompts Travolta's quick escape

John Travolta reportedly rushed home from a promotional trip to Australia this weekend after getting word that wife Kelly Preston had gone into labour, according to Radar Online.

"If I get a call, I may have to say adios," Travolta told reporters last week, adding that if Preston "goes into labour, I'll have to take the plane straight back on a 22-hour flight."

Preston was not reportedly due to give birth for another three weeks.

METRO

Beckham's son dials trouble

Victoria and David Beckham may be rethinking letting middle child Romeo have a cellphone, as the eight-year-old has been unintentionally harassing friends and family back in the U.K., according to Exposay.

"We got a message from Tana Ramsay, Gordon Ramsay's wife, saying, 'We don't mind, but for your information Romeo's been phoning the house in the middle of the night asking to speak to our kids,'" Victoria says.

David adds that the phone was a must-have because Romeo's idol has it as well. "It's the same phone as Justin Bieber, so he's obsessed," David says. "He's been phoning my mum at 3 a.m. because he doesn't know about the time difference between Los Angeles and the U.K."

METRO

▶ Victoria Beckham

Talking points

LiLo serious about rehab

Lindsay Lohan is reportedly taking her rehab very seriously, going so far as to decline painkillers after getting dental work done, according to Radar Online.

"She had teeth removed and won't even take any painkillers for the pain," a source says. "She's taking her time at Betty Ford very seriously." The good behaviour seems to be paying off, as Lohan was granted permission to return home over the weekend. Lohan had been lobbying for a "day pass" to meet with the director of her next film, "Inferno."

METRO

It's a normal marriage: Russell Brand

Russell Brand says he and Katy Perry are adjusting to married life quite quickly. "It's just a normal marriage. The other day, I put a shirt on and she went, 'You're wearing that shirt, are you?'" Brand recounted during a visit to British talk show Loose Women recently.

"I thought, 'That's actually happening? That's a thing off a sitcom.' That happened in my actual life. I wasn't allowed to wear it. If she says don't wear that shirt, I don't wear it."

METRO

Celebrity tweets

Kanye West [@kanye west] Sky diving, dune buggies and vintage jewelry and the fastest roller coaster.... I call those Abu Dhabi Hobbies

Jessica Simpson [@Jessica Simpson] Sick day :(On the couch watching House and self diagnosing myself. Ha. Maybe I should catch up on Parenthood instead.

Stephen Fry [@stephen fry] Wet and windy. Then I looked out of the window and saw that the weather is too.

Conan O'Brien [@Conan OBrien] Just found out my new show is not on in Finland. What the hell is President Obama doing with his time?

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370

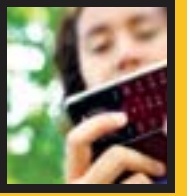
3 life

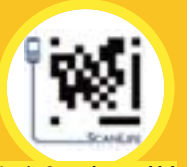
Texting teens

Teens who text 120 times a day or more – and there seems to be a lot of them – are more likely to have had sex or used alcohol and drugs than kids who don't send as many messages, according to provocative new research.

The study's authors are not suggesting that "hyper-texting" leads to sex, drinking or drugs, but say it's startling to see an apparent link between excessive messaging and that kind of risky behaviour.

THE ASSOCIATED PRESS





Amazing Grace endures as a global music sensation after more than 200 years.

ISTOCK

▶ Putting the rules in writing and hanging them in the house will help teens to understand what is expected of them.

Handling a defiant teenager

There are a number of ways to reach out to your kids without losing your cool

You make rules, they break them. You ask questions, they ignore you. You say, "Do this," they say, "Make me!"

Oppositional behaviour is hard enough to cope with in toddlers, but when the defiant ones are 13 or 14 years old, you can't just put them down for a nap, give them a time-out or bribe them with stickers.

So how does a parent get through to a kid who is disrespectful? Here, we offer some advice from Mary Muscari, a teacher at the Decker School of Nursing at Binghamton University in New York and co-author of Everything Parents Guide to Raising Adolescent Girls and Everything Parents Guide to Raising Adolescent Boys.

Be consistent and put all of the house rules in writing and hang it up in the house.

If you're looking to improve a specific behaviour or meet a goal, write up a contract and have your child sign it.

Muscari says that it's common for adolescents to do a lot of testing. "'How much can I get away with?' But they don't really want to get away with things; they just want to see how far they can push their parents. They know exactly when to press your buttons."

"If they think your job is more important than they are, that's a really bad place for a kid to be,"
MARY MUSCARI, TEACHER AT BINGHAMTON UNIVERSITY IN NEW YORK.

Muscari stresses that most of this behaviour is normal, and other parents are going through it too. "You are not crazy! It's annoying, it's horrible, but it's just like when they were two years old and they said, 'Wow! Look what I can do!' Only they're 13. They might be saying, 'I hate you! But they're thinking, 'Thank God you're putting these controls on me.'"

If foul language is an issue, you might try a 25-cent fine for each curse, and make sure grown-up violators pay too. The money could be a reward for good behaviour, or teens could give it to a charity of their choice.

Muscari says encouraging teens to volunteer — even if it's only a couple times a year — can also give them some perspective. "You don't want them to be totally wrapped up in themselves," she said.

THE ASSOCIATED PRESS

The teen brain

Consider how brain development affects adolescent behaviour, advises Dr. Joseph Shrand, psychiatrist:

- **Limbic system** The part of the brain that controls emotions, which allows us to fell pleasure, anger and passion, works fine in adolescents.
- So when a kid treats a parent disrespectfully, don't respond with anger, but use empathy, respect and humour.

Savoury snacks sans the gluten

For those on a gluten-free diet these almond crackers are a great alternative to those containing wheat, oats and barley. To learn more about eating a gluten-free diet, visit the Canadian Celiac Association's website at celiac.ca.

Ingredients:

- 425 ml (1 3/4 cups) blanched almond flour
- 2 ml (1/2 tsp) sea salt
- 30 ml (2 tbsp) finely chopped fresh rosemary
- 15 ml (1 tbsp) extra-virgin olive oil
- 1 egg

Preparation:

1. In a large bowl, combine almond flour, salt and rosemary.
2. In a medium bowl, whisk together olive oil and egg. Stir wet ingredients into almond flour mixture until thoroughly combined.
3. Roll dough into a ball and press between 2 sheets of parchment paper to 3-mm (1/8-inch) thickness.
4. Remove top piece of parchment paper. Transfer bottom piece with rolled-out dough onto baking sheet.
5. Cut dough into 5-cm (2-inch) squares with a knife or pizza cutter.
6. Bake in a 180 C (350 F) oven for 12 to 15 minutes until lightly golden. Let crackers cool on baking sheet for 30 minutes, then serve.

Nutritional information per cracker (values have been rounded to nearest whole number): 62 calories, 5 g fat, 2 g protein, 2 g carbohydrates, 1 g fibre, 9 mg cholesterol, 148 sodium.

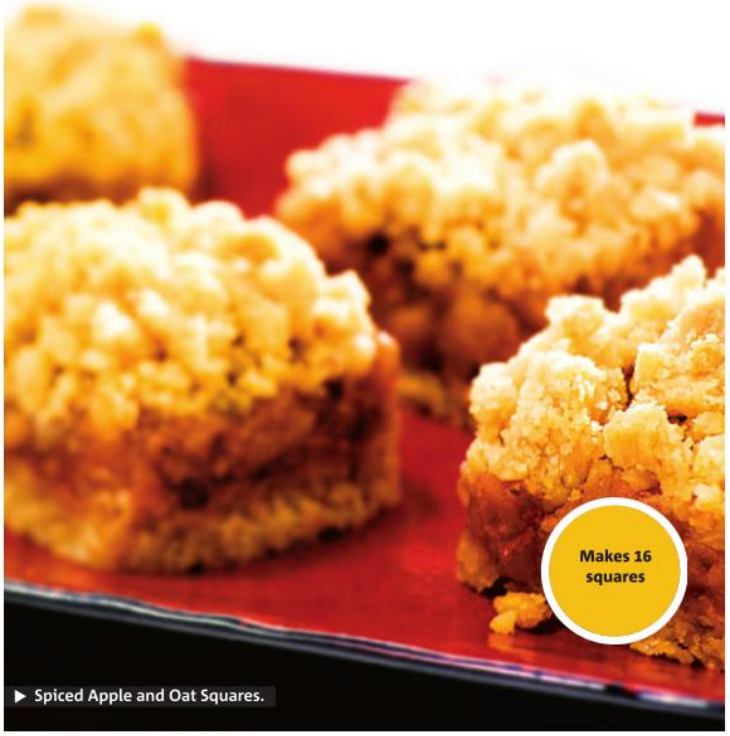
THE CANADIAN PRESS

▶ Rosemary Almond Crackers.

Apples 'n' oats, oh my!

A delicious, gooey treat that is as easy to prepare as it is nutrious

For a yummy in their tummy breakfast, a treat in the lunch box or afternoon snack, these apple and oat squares are packed with nutrition for growing kids.



▶ Spiced Apple and Oat Squares.

Ingredients:

- 300 ml (1 1/4 cups) all-purpose flour
- 250 ml (1 cup) quick-cooking (not instant) rolled oats
- 250 ml (1 cup) packed brown sugar
- 2 ml (1/2 tsp) baking soda
- 175 ml (3/4 cup) butter, softened

Apple Filling

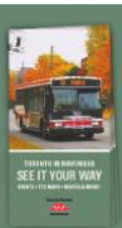
- 1.5 l (6 cups) diced 1-cm (1/2-inch) peeled apples (McIntosh, Empire or Idared)
- 175 ml (3/4 cup) packed brown sugar
- 175 ml (3/4 cup) apple cider or water
- 7 ml (1 1/2 tsp) ground cinnamon
- 2 ml (1/2 tsp) ground nutmeg
- Pinch ground cloves

Preparation:

1. In a large bowl, mix together flour, oats, sugar and baking soda. Cut in butter with a pastry blender until crumbly.
2. Firmly press 750 ml (3 cups) of the mixture into a 2.5-l (9-inch) square cake pan. Reserve remaining crumbs for top.
3. Apple Filling: In a large saucepan or Dutch oven, combine apples, sugar, cider, cinnamon, nutmeg and cloves; bring to a boil over high heat.
4. Reduce heat and simmer, for 15 to 20 minutes, stirring occasionally, or until softened and thickened. Let cool slightly. (Filling may be made ahead and refrigerated.)
5. Spread filling over base. Distribute reserved crumbs over top. Bake in a 180 C (350 F) oven for 20 to 22 minutes or until golden brown. Serve warm or at room temperature.

Nutritional information per square: 250 calories, 2 g protein, 9 g fat, 41 g carbs.

THE CANADIAN PRESS



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Drive-through Thursday to Sunday
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www.downsviewpark.ca

Gourmet Food and Wine Expo
November 18 - 21
South Building, Metro Toronto Convention Centre
From Union subway station, walk west on the Skywalk.
905-634-8003 x 323
www.foodandwineexpo.ca

Whole Life Expo
November 26, 27, 28
Hall 'C', North Building, Metro Toronto Convention Centre
From Union subway station, walk west two blocks on Front Street.
416-515-1330
www.wholelifeexpo.ca

One of a Kind Christmas Show and Sale
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www.oneofakindshow.com

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www.toronto.ca/cavalcade

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Cutting edge of green

NATHAN DENETTE/THE CANADIAN PRESS

▶ Venture capitalist Tom Rand believes more businesses can make significant green changes through education and investment, but they need to be able to unlock some of the capital in their buildings to do it. On the flip side, banks need to step up and lend for these kind of retrofits, he says.

Greening hotels

In the broader hospitality industry, measures are being taken to encourage hoteliers to adopt greener practices.

- **The Hotel Association of Canada** spearheads the Green Key Eco-Rating Program, a voluntary initiative open to lodging properties on both sides of the border.
- **Hoteliers** receive a Green Key rating from one to five, and are offered guidance on ways they can reduce operating costs while pursuing greener initiatives.
- **Travelocity.ca** also offers a directory of green hotels. About 2,300 are listed, including 700 in Canada.

After $200,000 in retrofits, Planet Traveler is being billed as the greenest hotel in North America.
But 'it's not a hippy-dippy, granola, Birkenstock thing,' says Tom Rand, hotel co-developer.

After sitting abandoned for a decade, a freshly refurbished three-storey building will soon be opening its doors to visitors in need of a temporary home away from home.

But patrons of Planet Traveler will discover there's more to the renovated digs than breathtaking panoramic views of the downtown Toronto skyline: it's being billed as the greenest hotel in North America.

Co-developers and business partners Tom Rand and Anthony Arts have transformed the 930-square-metre building into a 114-bed hostel with a boutique hotel esthetic.

But perhaps more significant are the extensive changes involved in the green makeover of the space, which offers dorm-style bunk accommodations for $30 as well as private rooms for $75. They embarked on an extensive retrofit with the goal of reducing carbon emissions by 75 per cent.

"I'm not a hippie. I'm a venture capitalist. I speak dollars and cents. I'm proving in my language this can be done."
TOM RAND, CO-DEVELOPER OF PLANET TRAVELER

Solar photovoltaic panels help power Planet Traveler, while another set of panels, solar thermal, heat the water on-site. Rand said they're able to produce an average of three kilowatts from the solar panels, enough to power two or three standard homes.

Rooms will be equipped with a vacancy sensor which only goes on once it's been manually activated. If there's been no activity within a room for half-hour, it will shut off, Aarts said.

NATHAN DENETTE/THE CANADIAN PRESS

▶ All the lighting in Planet Traveler is LED.

A specialized technology where multiple coils wrap around drainpipes helps grab heat from water before it goes down the drain.

Nearly two kilometres of geothermal pipes are buried around 120 metres below the surface in a city-owned laneway. Described by Rand as the "workhorse of the hotel," he said the pipes are designed to take heat from the liquid out of the ground during winter and put it into the ground during summer rather than using a furnace and air conditioner.

In response to their request to use the public laneway to install the pipes, Rand said the city has launched a task force to look at other laneways and parks for that purpose.

"Everything we do on the energy side you see, it's very visible," said Rand, lead cleantech adviser at MaRS Discovery District. "But at the same time nobody staying here will notice, in terms of creature comforts, any difference."

They're making use of technologies that have been around for some time and are simply putting them all together in one building, Rand noted.

"This stuff works in hundreds of thousands of other buildings. There's no risk here," he said. "If I can do it anybody can do it. And that's part of what we're saying. It's easy." Rand estimates they are saving around $2,500 a month based on $200,000 invested into green retrofits.

"It's not a hippie-dippy, granola, Birkenstock thing: it's a smart, modern, energy-efficient, economically competitive model," said Rand, author of Kick the Fossil Fuel Habit: 10 Clean Technologies to Save Our World (Eco Ten Publishing).

They are keeping measurements tracking energy which they plan to post online, and Rand said they'd be happy to share what they're doing and to be open and transparent about the model. **THE CANADIAN PRESS**

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GABURATE WASTE NO MORE

We have a garburator in our kitchen but we're thinking about composting in our backyard. What's the eco-friendlier option?

Steve in St. Albert, Alberta

Popularized in the '70s and '80s, garburators are starting to go out of style. A banana peel or last night's dinner can increase the load on city sewage systems, putting an extra strain on treatment plants.

SYLVIE BOUCHARD

Some cities have banned garburators all together for this very reason.

Retiring your kitchen garburator means you won't waste energy every time you flip that switch and you won't waste a huge amount of perfectly good drinking water either.

Backyard composting is a much better solution from an environmental perspective, and it will save you money on your utility bills.

Of course, either option is preferable to throwing organic waste into the landfill.

Question: Walking the aisles of my grocery store, I often see food claiming to be organic. How can I make sure the organic products I buy are really organic?

Thomas in Ottawa, Ontario

Understanding labels and claims on everyday products like the ones you buy at your grocery store is a huge step on the path to becoming a sustainable shopper.

On your quest to find certified organic food, look for a third-party-certified eco-label from Quality Assurance International.

In fact, two out of every three organic products sold in the U.S. bear the black-and-white label, but it's also common in Canada.

Founded in 1989, QAI is an independent body that certifies organic food from around the world. Every step of food production is considered, from the soil to processing facilities.

It also provides retailers and restaurants with an accreditation process. For more information go to qai-inc.com.

David Suzuki Foundation

TAKING A LEAP INTO OLYMPIC GLORY

"I almost drowned twice as a child." You don't expect to hear those words from an Olympic gold medalist in synchronized swimming, but for Michelle Cameron, learning to conquer her fear of water was a turning point in her life.

In 1988 she found herself at the Olympics in Seoul, South Korea with her duet partner, Carolyn Waldo. The last person she locked eyes with before she began her routine was her mother.

"She was the reason I made it to the Olympics. She was so determined I would swim." But as Michelle dove into the water, that old, crippling feelings of fear washed over her. Then she said, "Just let it go."

Michelle and Carolyn would need to swim the routine of their lives to get past the American team, and they delivered. They exited the pool to thunderous applause with Canadian flags waving frantically in the stands. "Canada Number 1" flashed on the screen and the crowd exploded with cheers. The scared little girl from Calgary, who felt such horror and panic with her lifelong fear for water, was now a woman who had conquered them.

Michelle accomplished a lot more than a gold medal that day. She is now a wife, proud mother of four children and is enjoying life in Calgary. She recently launched a charitable fund called Inspiring Possibilities that will give parents financial support and encouragement to keep their children active in sports. She's also writing a book called, Sink, Swim or Float. It's all about getting past your fears and learning to jump into the deep end of the pool. Just like life.

Milestones

- 1988 Olympic Gold medalist
- First Albertan to win an Olympic Gold medal
- Six-time World Champion in duet and team
- Member of the Order of Canada
- Mother of four children

▶ Michelle Cameron

Gold medal inspirations

1. Our challenges in life shape who we really are.
2. Some of our greatest challenges lead us to our greatest rewards.
3. Celebrate your accomplishments. They could open the door to even greater possibilities.
4. Everything new has an element of fear. Let go and jump in.

METRO

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Building a more female friendly world

CRAIG LUND
LIFE@METRONEWS.CA

Women are taking over the workforce, or, at least, they're finally getting the representation they've been fighting for.

In his book, What Women Want, author Paco Underhill writes that "We live in a world that is owned by men, designed by men, and managed by men, and yet we expect women to be active participants in it." Thankfully, this is changing.

Colleges and universities in the United States and Canada see 60 women to every 40 men, and in a range of disciplines such as law, medicine and architecture — formerly male dominated careers. Underhill says this is a trend that began in the 1970s.

Outside of the work sphere women are the key buyers for the house hold and the buyers of food for the family. And because of this, we saw the growth of the farmers market and organic food movement.

Underghill points to one statistic from 2005. "For the first time in history, young women under the age of 30 in the largest American cities overtook men in earning power."

In a New York City survey of wage earners between the ages of 21 and 30, women took home 17 per cent more pay than their male counterparts in equivalent positions.

This is a well researched and thoughtful look at why women should be considered whenever you build, design, or create just about everything.

Craig Lund, is the President Elect of the American Marketing Association's Toronto Chapter and can be reached at hello@craiglund.ca

What Women Want
By Paco Underhill
Simon & Schuster,
204 pages, $32

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Is real life emulating Footloose?

Drinking, fighting and 'grinding' are causing officials across North America to cancel high school dances

FLICKR: RODRIGOFAVERA

▶ Sexually suggestive dancing is one of the reason principals are cracking down on school dances.

This year's first dance at Glace Bay High School in Cape Breton may have been its last.

Fed up with a few students showing up seemingly drunk and hemlines getting increasingly shorter, the school became the second in the district to cancel dances until further notice.

"It's like anything else — there is a pendulum that swings and the pendulum has swung to the point where we said that it's time to put the brakes on, take a breather, talk to the kids and re-evaluate," says principal Peter Campbell.

While the beat goes on in other schools, a number in Canada and the U.S. have been trying to crack down on provocative dancing, risque attire and underage drinking.

In Moncton, N.B., Bernice MacNaughton High School has banned so-called grinding — a sexually suggestive dance that typically involves a female dancing in front of a male, back to front. Students there are required to dance face to face, says principal Gary Wilson.

Two years ago, students at Eastern Shore District High School in Musquodoboit Harbour, N.S., had to agree in writing to follow certain rules, including being drug- and alcohol-free and abstaining from grinding. But the Halifax Regional School Board says the school scuttled the contract and dances when too many students refused to sign the document. The school still holds proms.

In West Hollywood, Calif., administrators at Pacific Hills School have reportedly been known to threaten students who insist on dancing sexily with Burt Bacharach tunes.

Back in Cape Breton, Whitney Pier Memorial Junior High scrapped dances earlier this year because of "inappropriate behaviour," says Charles Sheppard, a co-ordinator with the Cape Breton-Victoria Regional School Board. Sheppard wouldn't say what behaviour led to the decision.

Campbell, who's been the principal at Glace Bay High for four years, says his office hasn't received any complaints from students since cancelling the dances in September.

"(Students) didn't like the way things were moving either," he says. "The vast majority of kids want to come to the dance and just have a bit of fun ... They don't like it when there is stress, they don't like it when teachers have to be cross, they don't like it when they see kids drinking too much."

The dance, which was open to students from other schools, was chaperoned by staff members and private security, says Campbell. Police officers were also on hand.

Jeana Wilson, co-president of the school's student council, says students were warned of the consequences of breaking the rules well in advance and she ultimately respects the decision that was made.

But the 17-year-old says she believes punishing the entire student body for the actions of some was a bit heavy-handed.

THE CANADIAN PRESS

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CENTENNIAL COLLEGE

4 sports

Argos make Ticats pay for mistakes

Toronto forces five turnovers as it upsets Hamilton in playoff battle

16	13
ARGONAUTS	TIGER-CATS

Matt Black and the Toronto Argonauts couldn't have picked a better time to earn their first win of the season over the Hamilton Tiger-Cats.

Black forced a fumble and recovered another as Toronto forced five turnovers to upset Hamilton 16-13 in the East Division semifinal Sunday to the dismay of an Ivor Wynne Stadium gathering of 27,828.

Toronto, in the playoffs for the first time since 2007, will face Montreal in the conference final next weekend. While the Alouettes will have home-field advantage, they did lose twice this season to the upstart Argos.

Black's recovery of a Marcus Thigpen fumble off a punt return set up Toronto's lone TD. Cleo Lemon's 12-yard strike to Spencer Watt anchored a 10-point third quarter as the Argos erased a 6-3 halftime deficit to lead 13-6 while Hamilton starter Kevin Glenn was being treated for a knee injury.

"Turnovers are crucial in the regular season and even more crucial in the playoffs," said the unheralded second-year defensive back, who received the Argos' game ball afterwards. "Our gameplan all week was to get turnovers and give our offence good (field) position.

"In the playoffs field position dictates the game. The defence has free reign when you pin (the opposing offence) deep."

Glenn, one of just two CFL quarterbacks to pass for 5,000 yards this season, left late in the first half with a hyperextended left knee. He was injured after being hit by Toronto's Ricky Foley and walked off on his own before running to the Hamilton bench late in the third.

Turnovers were the big reason why Hamilton won all three regular-season meetings with Toronto. The Ticats held a decided 15-5 edge in that department, intercepting Argos starter Cleo Lemon five times and while recovering three of his fumbles.

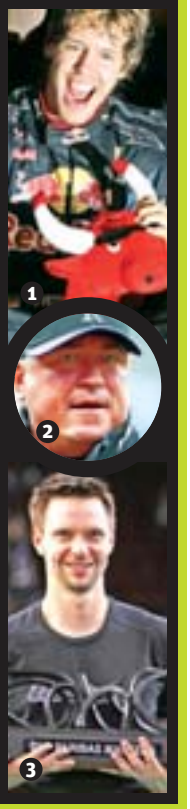
To lessen the threat of mistakes, the Argos adopted a very conservative gameplan that had Lemon consistently dumping off short passes rather than throwing downfield. Lemon finished 22-of-29 passing and recorded his first TD strike against Hamilton, but had just 134 yards in the air as overall.

THE CANADIAN PRESS

KAZ NOVAK/TORSTAR NEWS SERVICE

▶ Byron Parker makes an interception with two seconds remaining yesterday to end Hamilton's hopes of making a comeback.

Sports in brief



1 Sebastian Vettel, 23, became the youngest champion in Formula One history yesterday.

2 The Pittsburgh Pirates will introduce former Rockies manager Clint Hurdle as their new manager today.

3 Robin Soderling of Sweden won his first Masters title yesterday by beating Gael Monfils of France in the Paris Masters final.

THE ASSOCIATED PRESS

Riders edge Lions in double overtime

41	38
RIDERS	LIONS

Jason Clermont's 24-yard touchdown catch in double overtime gave the Saskatchewan Roughriders a 41-38 win over the B.C. Lions in the CFL West Division semifinal yesterday.

Darian Durant found the slotback over the middle and Clermont ran in for the winning score, sending the Roughriders to the West Division final against the Calgary Stampeders for the second year in a row.

It also capped an afternoon of great drama before a crowd of 29,215 at Mosiac Stadium, as the Lions rallied late to send the game into overtime.

THE CANADIAN PRESS

Sports in brief

Chelsea loss narrows gap

SOCCER. The Premier League title race was thrown wide open yesterday thanks to leader Chelsea's shocking 3-0 home defeat to Sunderland and Arsenal's hard-fought 2-1 win at Everton.

Arsenal is now just two points behind Chelsea, with third-place Manchester United — which drew 2-2 at Aston Villa on Saturday — a further point behind. Manchester City is fourth, six points behind the leaders, after drawing at home to Birmingham on Saturday.

THE ASSOCIATED PRESS

Three college athletes shot

FOOTBALL. Three University of Southern Mississippi football players were shot during a fight at a nightclub, and all three are in fair condition at a local hospital, police said yesterday.

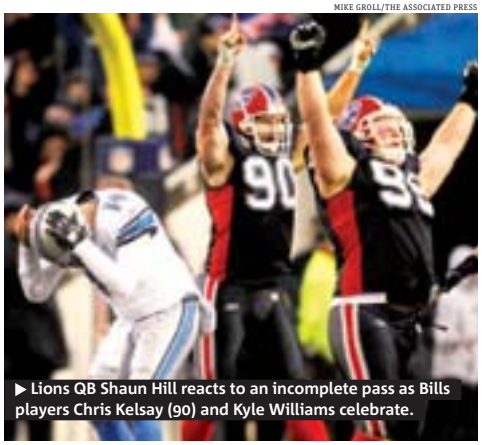
THE ASSOCIATED PRESS

Bills finally get first win of year

Fred Jackson's 2 touchdowns lead Buffalo to victory

14	12
BILLS	LIONS

MIKE GROLL/THE ASSOCIATED PRESS



▶ Lions QB Shaun Hill reacts to an incomplete pass as Bills players Chris Kelsay (90) and Kyle Williams celebrate.

The Buffalo Bills finally have their first win of the season. The Detroit Lions own the NFL's road futility record.

Fred Jackson ran for a season-best 133 yards and scored twice in leading the Bills (1-8) to a 14-12 win over the Lions yesterday.

Detroit (2-7) lost its 25th straight road game to break the record the Lions set from 2001-03. And yes, this contest wasn't pretty. It was played under rain-soaked conditions, befitting the sloppy — and sometimes laughable — performances of two perennial losers in a game that wasn't decided until the final seconds.

That's when Bills safety George Wilson recovered an onside kick and handed the ball to Chan Gailey, in honour of the coach's first win in Buffalo since he took over in January.

THE ASSOCIATED PRESS

Dolphins 29, Titans 17
The Miami Dolphins achieved their season-high point total against Tennessee, and it only took three quarterbacks, a flea-flicker and the revival of the wildcat.

Bears 27, Vikings 13
Jay Cutler had 237 yards and three touchdown passes, Devin Hester had two big returns and the Chicago Bears beat the Minnesota Vikings yesterday to tie Green Bay for the NFC North lead.

Cowboys 33, Giants 20
Jon Kitna passed for 327 yards and three touchdowns and the Dallas Cowboys looked revitalized under interim coach Jason Garrett in a 33-20 win over New York Giants. THE ASSOCIATED PRESS

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NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	18	13	4	1	0	65	47	27	9-1-0-0	4-3-1-0	8-1-1-0	W1
d-Philadelphia	17	11	4	2	0	58	37	24	7-3-0-0	4-1-2-0	8-1-1-0	W2
d-Montreal	17	11	5	1	0	46	36	23	5-3-1-0	6-2-0-0	7-3-0-0	W3
NY Rangers	17	9	7	1	0	52	46	19	4-5-1-0	5-2-0-0	5-5-0-0	W2
Ottawa	17	9	7	1	0	45	48	19	5-4-0-0	4-3-1-0	7-3-0-0	W1
Pittsburgh	18	9	8	1	0	56	49	19	3-5-0-0	6-3-1-0	4-5-1-0	W2
Tampa Bay	17	8	7	2	0	48	54	18	4-2-1-0	4-5-1-0	3-6-1-0	L3
Boston	14	8	5	0	1	41	29	17	2-4-0-1	6-1-0-0	5-4-0-1	L2
Atlanta	18	7	8	1	2	57	67	17	3-4-0-1	4-4-1-1	4-4-0-2	L2
Carolina	17	8	9	0	0	52	60	16	4-3-0-0	4-6-0-0	4-6-0-0	L2
Buffalo	18	6	9	3	0	47	57	15	1-6-1-0	5-3-1-0	4-4-2-0	W1
Florida	15	7	8	0	0	44	40	14	5-2-0-0	2-6-0-0	5-5-0-0	L1
Toronto	16	5	8	1	2	35	47	13	3-4-1-1	2-4-0-1	1-7-0-2	L8
New Jersey	17	5	10	1	1	33	56	12	1-6-1-0	4-5-0-0	3-6-0-1	W1
NY Islanders	17	4	10	1	2	37	58	11	2-2-0-1	2-8-1-1	0-9-0-1	L10

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Los Angeles	15	12	3	0	0	47	28	24	8-0-0-0	4-3-0-0	8-2-0-0	W6
d-Detroit	15	11	3	0	1	51	37	23	7-1-0-1	4-2-0-0	7-2-1-0	W3
d-Vancouver	16	10	4	0	2	51	39	22	6-0-0-1	4-4-0-1	8-1-0-1	W2
Anaheim	19	10	7	1	1	50	57	22	7-1-0-1	3-6-1-0	7-2-1-0	L1
St. Louis	15	9	3	1	2	38	34	21	6-0-0-1	3-3-1-1	7-2-0-1	L3
Chicago	20	9	9	1	1	57	59	20	5-5-0-1	4-2-1-0	4-5-0-1	W1
Phoenix	17	7	5	4	1	47	63	19	4-2-2-1	3-3-2-0	5-3-1-1	W3
Columbus	15	9	6	0	0	41	38	18	5-5-0-0	4-1-0-0	6-4-0-0	L1
San Jose	15	8	4	3	0	42	37	18	5-2-2-0	3-3-0-0	6-3-1-0	W2
Minnesota	16	8	6	0	2	37	36	18	5-3-0-1	3-3-0-1	5-4-0-1	W1
Nashville	15	7	5	3	0	38	43	17	2-1-3-0	5-4-0-0	4-5-1-0	W2
Colorado	16	8	7	1	0	53	50	17	3-4-0-0	5-3-1-0	4-5-1-0	L1
Dallas	15	8	7	0	0	46	44	16	5-3-0-0	3-4-0-0	4-6-0-0	L3
Calgary	16	7	9	0	0	46	49	14	4-4-0-0	3-5-0-0	4-6-0-0	L2
Edmonton	16	4	9	1	2	42	66	11	2-4-0-0	2-5-1-2	2-5-1-2	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
N.Y. Rangers 8 Edmonton 2
Washington 6 Atlanta 4
Minnesota 4 Tampa Bay 1
Chicago 3 Anaheim 2
Saturday's results
Montreal 7 Carolina 2
Ottawa 2 Boston 0
Vancouver 5 Toronto 3
San Jose 4 Calgary 3
Buffalo 3 Washington 2 (OT)
Detroit 3 Colorado 1
Los Angeles 5 N.Y. Islanders 1
Nashville 4 Chicago 3 (SO)
Philadelphia 5 Florida 2
Phoenix 5 St. Louis 3
Pittsburgh 4 Atlanta 2
Tonight's games
(All times Eastern)
New Jersey at Boston, 7 p.m.
Vancouver at Buffalo, 7 p.m.
Ottawa at Philadelphia, 7 p.m.
N.Y. Rangers at Pittsburgh, 7 p.m.
St. Louis at Colorado, 9 p.m.
Los Angeles at San Jose, 10:30 p.m.

RANGERS 8, OILERS 2

First Period
1. N.Y. Rangers, Gaborik 1 (Christensen, Frolov) 1:35
Penalties — Eminger NYR (tripping) 10:10, Anisimov NYR (cross-checking) 16:30.
Second Period
2. Edmonton, Jones 4 (Eberle, Gagner) 2:45
3. Edmonton, Horcoff 5 (Peckham, Whitney) 3:13
4. N.Y. Rangers, Gaborik 2 (Christensen) 7:12
5. N.Y. Rangers, Boyle 8 (Fedotenko, Prust) 7:37
6. N.Y. Rangers, Anisimov 6 (Stepan, Avery) 13:17
7. N.Y. Rangers, Frolov 3 (Christensen, Gaborik) 19:55
Penalty — Smid Edm (tripping) 11:07.
Third Period
8. N.Y. Rangers, Frolov 4, 12:14
9. N.Y. Rangers, Fedotenko 3 (Stepan, Gilroy) 12:59
10. N.Y. Rangers, Gaborik 3 (Frolov) 14:22
Penalties — MacIntyre Edm, Boogaard NYR (fighting) 2:28, Gaborik NYR (interference) 3:07, MacIntyre Edm, Boogaard NYR (fighting) 8:46, Fraser Edm, Dubinsky NYR (misconduct), Smid Edm (fighting, misconduct), Stortini Edm, Boyle NYR, Prust NYR (fighting, game misconduct), Peckham Edm (roughing, fighting, misconduct, game misconduct), Avery NYR (roughing, fighting, misconduct) 11:18, Cogliano Edm (boarding) 14:54.
Shots

Edmonton	4	9	8	21
N.Y. Rangers	7	16	8	31

Goal — Edmonton: Khabibulin (L,4-9-1); N.Y. Rangers: Biron (W,3-2-0). **Power plays (goals-chances)** — Edmonton: 0-3; N.Y. Rangers: 0-2. **Att.** — 17,658 (18,200) at New York.

SCORING LEADERS

	G	A	PT
Stamkos, TB	15	13	28
Crosby, Pgh	12	15	27
Ovechkin, Wash	10	15	25
Semin, Wash	13	10	23
Perry, Ana	8	12	20
Backstrom, Wash	5	15	20
D.Sedin, Vcr	11	8	19
Sharp, Chi	10	9	19
Roy, Buf	8	11	19
Getzlaf, Ana	7	12	19
B.Richards, Dal	7	12	19
Selanne, Ana	7	12	19
St. Louis, TB	7	12	19
H.Sedin, Vcr	2	17	19
C.Stewart, Col	10	8	18
Ladd, Atl	7	11	18
Plekanec, Mtl	6	12	18
Eriksson, Dal	9	8	17
Giroux, Pha	9	8	17
P.Kane, Chi	7	10	17
Ryan, Ana	7	10	17
E.Staal, Car	6	11	17
Hejduk, Col	5	12	17
Zetterberg, Det	4	13	17
Letang, Pgh	3	14	17
Lidstrom, Det	2	15	17
J.Williams, LA	8	8	16
Malkin, Pgh	7	9	16
Datsyuk, Det	6	10	16
Kopitar, LA	6	10	16
M.Richards, Pha	6	10	16
P.Stastny, Col	6	10	16

GOLF

CHILDREN'S MIRACLE NETWORK CLASSIC

At Lake Buena Vista, Fla.
Par 72
Final Round
(m-Magnolia Course: 7,516 yards, par-72; p-Palm Course: 7,010 yards, par-72):

Robert Garrigus, $846,000	68p-65m-70m-64m-267
Roland Thatcher, $507,600	65p-63m-70m-72m-270
Rickie Fowler, $244,400	66p-70m-69m-66m-271
Johnson Wagner, $244,400	70m-65p-69m-67m-271
Spencer Levin, $244,400	68p-68m-67m-68m-271
Mark Wilson, $169,200	69p-66m-69m-68m-272
Michael Connell, $151,575	71m-68p-67m-67m-273
Chris Stroud, $151,575	62p-70m-70m-71m-273
Charles Warren, $126,900	67p-70m-69m-68m-274
Charles Howell III, $126,900	68m-69p-69m-68m-274
Steve Marino, $126,900	72m-68p-65m-69m-274
Vijay Singh, $92,120	69p-71m-68m-67m-275
Jerry Kelly, $92,120	66p-69m-70m-70m-275
John Senden, $92,120	69m-69p-67m-70m-275
Rory Sabbatini, $92,120	67p-71m-66m-71m-275
Brian Gay, $92,120	67p-65m-71m-72m-275
Paul Stankowski, $72,850	72m-67p-71m-66m-276
Brett Wetterich, $72,850	68m-67p-68m-73m-276
Ryan Palmer, $58,985	72m-68p-70m-67m-277
Stewart Cink, $58,985	71m-68p-69m-69m-277
Davis Love III, $58,985	71p-70m-70m-66m-277
Tom Lehman, $58,985	67m-70p-69m-71m-277
Briny Baird, $43,240	70m-67p-72m-69m-278
Justin Bolli, $43,240	68m-73p-68m-69m-278
John Merrick, $43,240	71m-66p-70m-71m-278
Cliff Kresge, $43,240	70m-66p-68m-74m-278
Tim Petrovic, $34,780	71m-67p-71m-70m-279
Jeff Quinney, $34,780	67p-68m-71m-73m-279
Cameron Percy, $34,780	66p-71m-69m-73m-279
Michael Letzig, $26,179	69p-70m-71m-70m-280
Chris Tidland, $26,179	67m-70p-72m-71m-280
John Mallinger, $26,179	70m-68p-72m-70m-280
Sean O'Hair, $26,179	70p-70m-70m-70m-280

AUSTRALIAN MASTERS

At Melbourne, Australia
Par 71
Final Round

Stuart Appleby	71-69-69-65—274
Adam Bland	65-67-70-73—275
Daniel Gaunt	65-72-68-71—276
Tiger Woods	69-72-71-65—277
Jarrod Lyle	69-70-69-70—278
Andre Stolz	67-67-72-72—278
David McKenzie	71-72-68-69—280
Robert Allenby	73-72-68-68—281
Won Joon Lee	69-71-71-70—281
Camilo Villegas	71-70-70-70—281
Geoff Ogilvy	72-70-69-70—281
Ryan Haller	71-72-66-72—281
Michael Hendry	68-73-73-68—282
Terry Pilkadaris	73-70-71-68—282
Paul Sheehan	71-72-69-70—282
Jim Herman	69-73-74-67—283
Peter Senior	70-73-72-68—283
David Bransdon	69-71-74-69—283
Gareth Paddison	67-72-74-70—283
Brad Kennedy	68-75-70-70—283
Steven Jones	71-72-68-72—283

LPGA LORENA OCHOA INVITATIONAL

At Guadalajara, Mexico
Par 72
Final Round

In-Kyung Kim, $220,000	69-68-68-64—269
Suzann Pettersen, $113,794	70-65-69-68—272
Karine Icher, $82,550	70-67-68-68—273
Cristie Kerr, $57,629	64-76-68-66—274
Paula Creamer, $57,629	68-66-72-68—274
Ai Miyazato, $42,054	68-69-68-70—275
Angela Stanford, $31,255	73-70-70-63—276
Na Yeon Choi, $31,255	68-70-71-67—276
Stacy Lewis, $31,255	67-69-69-71—276
Hee Young Park, $23,467	69-71-70-67—277
Karrie Webb, $23,467	70-69-68-70—277
Azahara Munoz, $23,467	70-67-70-70—277
Song-Hee Kim, $19,812	72-67-71-68—278
Meena Lee, $19,812	72-65-70-71—278
Juli Inkster, $17,569	70-70-71-69—280
Amy Yang, $17,569	71-68-68-73—280
Vicky Hurst, $16,199	70-71-72-68—281
Brittany Lang, $15,140	73-68-70-71—282
Candie Kung, $15,140	71-70-68-73—282
Mika Miyazato, $14,329	72-70-70-71—283
Gwladys Nocera, $13,831	70-73-68-73—284
Morgan Pressel, $12,834	73-69-73-70—285

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
Boston	8	2	.800	—
New Jersey	3	6	.333	4½
New York	3	7	.300	5
Philadelphia	2	8	.200	6
Toronto	2	8	.200	6

SOUTHEAST DIVISION

	W	L	Pct	GB
Orlando	6	3	.667	—
Atlanta	7	4	.636	—
Miami	6	4	.600	½
Charlotte	3	7	.300	3½
Washington	2	6	.250	3½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	5	3	.625	—
Milwaukee	5	5	.500	1
Indiana	4	4	.500	1
Cleveland	4	5	.444	1½
Detroit	4	6	.400	2

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
New Orleans	8	0	1.000	—
San Antonio	8	1	.889	½
Dallas	6	2	.750	2
Memphis	4	6	.400	5
Houston	3	6	.333	5½

NORTHWEST DIVISION

	W	L	Pct	GB
Utah	7	3	.700	—
Denver	5	4	.556	1½
Oklahoma City	5	4	.556	1½
Portland	6	5	.545	1½
Minnesota	3	8	.273	4½

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	8	2	.800	—
Golden State	6	4	.600	2
Phoenix	5	4	.556	2½
Sacramento	3	6	.333	4½
L.A. Clippers	1	9	.100	7

Yesterday's results
Atlanta 111 Minnesota 105
Detroit 100 Sacramento 94
San Antonio 117 Oklahoma City 104
Houston 104 New York 96
Phoenix 121 L.A. Lakers 116
Saturday's results
Utah 96, Charlotte 95
Orlando 91, New Jersey 90
Indiana 99, Cleveland 85
Miami 109, Toronto 100
Chicago 103, Washington 96
Boston 116, Memphis 110, OT
New Orleans 107, Portland 87
Milwaukee 79, Golden State 72
San Antonio 116, Philadelphia 93
Tonight's games
(All times Eastern)
Minnesota at Charlotte, 7 p.m.
Memphis at Orlando, 7 p.m.
New Orleans at Dallas, 8:30 p.m.
Denver at Phoenix, 9 p.m.
Oklahoma City at Utah, 9 p.m.
Detroit at Golden State, 10:30 p.m.
New Jersey at L.A. Clippers, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	8	74	69	231	28.9
Ellis, GOL	10	101	52	265	26.5
Bryant, LAL	9	73	67	227	25.2
Gay, MEM	10	101	32	252	25.2
Anthony, DEN	9	86	43	225	25.0
Wade, MIA	10	81	74	247	24.7
Westbrook, OKC	8	62	68	194	24.3
Rose, CHI	8	73	36	189	23.6
Martin, HOU	8	55	64	189	23.6
Nowitzki, DAL	8	71	39	182	22.8
Gasol, LAL	9	82	40	204	22.7
James, MIA	10	70	75	223	22.3
Granger, IND	8	66	24	177	22.1
Gordon, LAC	8	62	46	176	22.0
Millsap, UTA	10	90	36	219	21.9
Scola, HOU	8	70	35	175	21.9
Howard, ORL	9	69	56	194	21.6

Not including last night's games

SOCCER

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Chelsea	13	9	1	3	28	8	28
Arsenal	13	8	2	3	26	12	26
Man United	13	6	7	0	26	15	25
Man City	13	6	4	3	15	10	22
Bolton	13	4	7	2	21	19	19
Sunderland	13	4	7	2	15	13	19
Tottenham	13	5	4	4	18	17	19
Newcastle	13	5	3	5	21	16	18
Aston Villa	13	4	5	4	15	18	17
Stoke	13	5	1	7	15	18	16
Liverpool	13	4	4	5	13	17	16
West Brom	13	4	4	5	16	22	16
Everton	13	3	6	4	14	13	15
Blackburn	13	4	3	6	15	18	15
Blackpool	13	4	3	6	19	26	15
Fulham	13	2	8	3	13	13	14
Wigan	13	3	5	5	10	21	14
Birmingham	13	2	7	4	14	17	13
Wolverhampton	13	2	3	8	13	23	9
West Ham	13	1	6	6	11	22	9

Yesterday's results
Chelsea 0 Sunderland 3
Everton 1 Arsenal 2

LEAGUE CHAMPIONSHIP

Yesterday's result
Swansea 1 Middlesbrough 0

GERMANY

BUNDESLIGA

Yesterday's results
Bayern Munich 3 Nuremberg 0
Hoffenheim 0 Freiburg 1

SCOTLAND

PREMIER LEAGUE

Yesterday's result
St. Mirren 0 Celtic 1

MLS PLAYOFFS

SECOND ROUND

Conference Championships
(single-game elimination)
EASTERN CONFERENCE
San Jose vs. Colorado
Saturdy's result
Colorado 1 San Jose 0
WESTERN CONFERENCE
Los Angeles vs. FC Dallas
Last night's result
FC Dallas 3, Los Angeles 1

TENNIS

ATP WORLD TOUR BNP PARIBAS MASTERS

At Paris
Singles
Championship
Robin Soderling (4), Sweden, def. Gael Monfils (12), France, 6-1, 7-6 (1).
Doubles
Championship
Mahesh Bhupathi, India, and Max Mirnyi (6), Belarus, def. Mark Knowles, Bahamas, and Andy Ram, Israel, 7-5, 7-5.

TRANSACTIONS

HOCKEY

ECHL

LAS VEGAS WRANGLERS—Announced D Craig Switzer was assigned to the team by San Antonio (AHL).
SOUTH CAROLINA STINGRAYS—Signed F Luke Popko.
TOLEDO WALLEYE—Announced F Randy Rowe was assigned to the team by Lake Erie (AHL).
WHEELING NAILERS—Announced F Joey Haddad was recalled by Wilkes-Barre/Scranton (AHL).

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	7	2	0	.778	258	214
N.Y. Jets	7	2	0	.778	208	150
Miami	5	4	0	.556	172	192
Buffalo	1	8	0	.111	164	245

SOUTH

	W	L	T	Pct	PF	PA
Indianapolis	6	3	0	.667	240	185
Tennessee	5	4	0	.556	241	179
Jacksonville	5	4	0	.556	196	250
Houston	4	5	0	.444	217	257

NORTH

	W	L	T	Pct	PF	PA
Baltimore	6	3	0	.667	196	165
Pittsburgh	6	3	0	.667	200	164
Cleveland	3	6	0	.333	172	182
Cincinnati	2	7	0	.222	184	213

WEST

	W	L	T	Pct	PF	PA
Oakland	5	4	0	.556	235	188
Kansas City	5	4	0	.556	212	194
San Diego	4	5	0	.444	239	197
Denver	3	6	0	.333	203	252

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	3	0	.667	236	193
Philadelphia	5	3	0	.625	198	181
Washington	4	4	0	.500	155	170
Dallas	2	7	0	.222	194	252

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	7	2	0	.778	222	175
New Orleans	6	3	0	.667	201	151
Tampa Bay	6	3	0	.667	188	206
Carolina	1	8	0	.111	104	215

NORTH

	W	L	T	Pct	PF	PA
Chicago	6	3	0	.667	175	146
Green Bay	6	3	0	.667	221	143
Minnesota	3	6	0	.333	169	195
Detroit	2	7	0	.222	215	202

WEST

	W	L	T	Pct	PF	PA
Seattle	5	4	0	.556	166	199
St. Louis	4	5	0	.444	160	164
San Francisco	3	6	0	.333	160	198
Arizona	3	6	0	.333	175	261

WEEK 10

Byes: Green Bay, New Orleans, Oakland, San Diego
Yesterday's results
Buffalo 14 Detroit 12
Chicago 27 Minnesota 13
Dallas 33 N.Y. Giants 20
Denver 49 Kansas City 29
Indianapolis 23 Cincinnati 17
Jacksonville 31 Houston 24
Miami 29 Tennessee 17
N.Y. Jets 26 Cleveland 20 (OT)
San Francisco 23 St. Louis 20 (OT)
Seattle 36 Arizona 18
Tampa Bay 31 Carolina 16
New England 39 Pittsburgh 26
Tonight's game
All times Eastern
Philadelphia at Washington, 8:30 p.m.

CFL

WEEK 20

PLAYOFFS

Yesterday's results
Division Semifinals
EAST DIVISION
Toronto 16 Hamilton 13
WEST DIVISION
Saskatchewan 41 B.C. 38 (OT)

WEEK 21

Sunday's games
Division Finals
(All times Eastern)
EAST DIVISION
Toronto at Montreal, 1 p.m.
WEST DIVISION
Saskatchewan at Calgary, 4:30 p.m.

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Aulie makes his mark in Leafs debut

Nazem Kadri made his hyped season debut with the Toronto Maple Leafs, but it was his Marlies teammate that made an impression Saturday night.

Keith Aulie, who was called up with Kadri from the AHL, didn't score or pick up a point in Toronto's 5-3 loss to the Vancouver Canucks, but the defenceman still managed to impress Leafs coach Ron Wilson.

"Keith Aulie played very well for a defenceman at his age in his first game," said Wilson. "He skates very well, moves the puck, made heads-up plays and defended in our zone really well.

"He's better now than in training camp when we were pretty impressed with him."

Aulie, 21, was acquired by the Leafs last season from the Calgary Flames as part of the Dion Phaneuf trade. While deemed by many to be a throw-in, Toronto general manager Brian Burke made it clear at the time that Aulie was someone he'd had in his sights for a while.

Aulie lost much of last season to injury and started the season with the Marlies, recording one goal, three points and 25 penalty minutes in 14 games.

He looked good on Saturday night, using his long reach to break up some early offensive chances for Vancouver and playing a solid 14:00 in the game.

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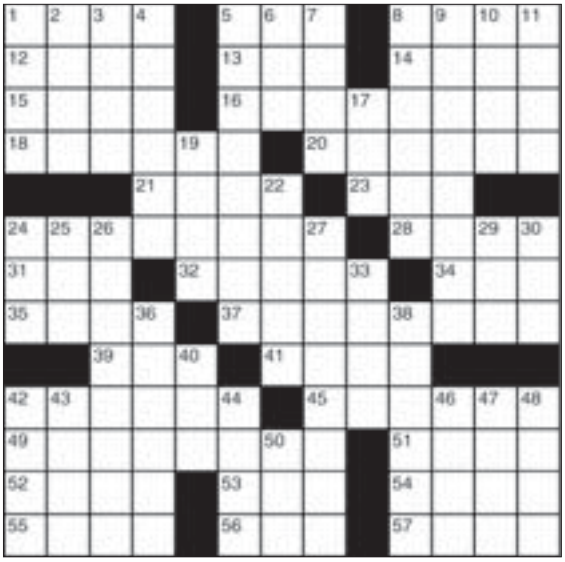


Across

1 Unhappy destiny
5 Commercials
8 Out of control
12 Catch sight of
13 Caustic solution
14 Picnic hamperer
15 Winged
16 Octopus' arm
18 Pertaining to leaves
20 Reduce in status
21 Water (Sp.)
23 Atmosphere
24 Spiraling stems
28 Police officers
31 Actress Gardner
32 Moving about
34 Eccentric
35 Alpha follower
37 Persistence
39 Annoy
41 Latvia's capital
42 X-rated
45 Boil
49 Urban home, maybe
51 Actor LaBeouf
52 Approach
53 Female deer
54 War god
55 Partner in crime
56 Blunder
57 Discourteous

Down

1 Unhearing
2 Norway's capital
3 October birthstone
4 Innumerable
5 Unselfish one
6 Coloring agent
7 Transmit
8 Mideastern language
9 Popular pasta
10 Lubricates
11 Leg joint
17 Afternoon social
19 Taj Mahal city
22 Change
24 Bill
25 Adam's mate
26 Across the country
27 Evil
29 Deposit
30 Pigpen
33 Anger
36 Vein counterpart
38 "Your Show of Shows" star
40 A Kardashian sister
42 Sicilian volcano
43 Rod and —
44 Relinquish
46 From one end to t'other
47 Hastened
48 Facility
50 Neither partner

▶ Yesterday's answer

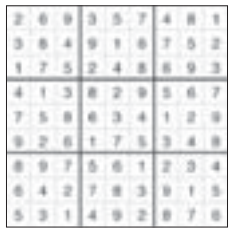
Sudoku

	6		7	5	3		2	
5								7
		4				9		
4	7		5		6		1	2
				3				
3	9		2		7		4	6
		5				6		
9								5
	1		4	7	5		8	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



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Mr. Chickenfoot, I'm so proud of you for having your own radio show. I hope you do good in the rest of your school year. Me and spudford will be there every step of the way!!! **LUV, MRS. CHICKENFOOT**

Dearest Mahal: You are the star that shines in my heart; I can't wait to spend our first Christmas together. I love you so much! **YOURS ALWAYS AND FOREVER; OLI**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Avoid the temptation to take risks that don't need to be taken. While what you get out of life may be related to what you put in, you don't have to risk everything.

♉ Taurus April 21-May 21
Have you noticed that your current situation bears an uncanny resemblance to what you've been through before? You should by now then know how to handle it.

♊ Gemini May 22-June 21
What's done is done and cannot be undone, so forget about yesterday, last week, last month or last year. Each day is a new beginning and what you start today could, should and will be amazing.

♋ Cancer June 22-July 22 Cancerians may not be the most daring members of the zodiac but you are in your own way ambitious and with Jupiter boosting your courage today you won't hesitate to take a chance of some kind.

♌ Leo July 23-Aug.23 You like to get your own way, and most of the time you do, but the planets urge you to meet others halfway, especially if you have several projects on the go at the same time.

♍ Virgo Aug. 24- Sept. 22 Anyone who tries to engage you in idle chatter or malicious gossip will soon learn you are not in the mood to play games. You have important things to do, stay focused.

♎ Libra Sept. 23-Oct. 23
Today's Sun-Jupiter link will help you find ways to ease your cash flow crisis, though the fact is you are not nearly as badly off as you think you are. However, you must save money, not spend it.

♏ Scorpio Oct. 24-Nov. 22 You are smart enough to realize there will always be new things to learn. What you learn today will expand your awareness and open your eyes to new possibilities.

♐ Sagittarius Nov. 23-Dec. 21 If you are adrift in a sea of troubles you'll still find reasons to smile. Your life is pretty good at the moment, and about to get infinitely better..

♑ Capricorn Dec. 22-Jan. 20
Everything that happens in your life is part of the grand design. Once you understand that fact at the deepest level you won't worry so much about day-to-day problems.

♒ Aquarius Jan. 21-Feb. 18
Your prospects are good and getting better by the minute. Be selective. Aim always for quality and excellence.

♓ Pisces Feb. 19-March 20 A belief you have always taken for granted will be put under the spotlight today and you may be surprised to discover it no longer stands up to scrutiny. Fortunately it won't be too traumatic. There are other beliefs you can cling to.

SALLY BROMPTON

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For the latest information, visit us at gmc.gm.ca, drop by your local Pontiac Buick GMC Dealer or call us at 1-800-GM-DRIVE. ♦$10,000 manufacturer to dealer delivery credit, which includes maximum Holiday Bonus ($1,500) available on 2010 GMC Sierra 1500 (tax exclusive) for retail customers only reflected in offers in this advertisement. Other cash credits, including Holiday Bonus, available on most models. $1,500/$1,000 Holiday Bonus available on 2010/2011 models. Offers valid to January 17, 2011. Dealer order (2011MY only) or trade may be required. Limited quantities of certain 2010 models. GMCL may modify or terminate offers in whole in part at any time without notice. See dealer for details. Freight & PDI ($1,350), registration, air and tire levies and OMVIC fees are included. Insurance, licence, PPSA, dealer fees and applicable taxes are not included. Offers apply as indicated to 2010 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Pontiac Buick GMC Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order (2011 only) or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See your dealer for conditions and details. ***Factory order or dealer trade may be required. ▼Offered by GMCL until 01/17/11on eligible purchase financing of a 2010/2011 Buick/Cadillac/Chevrolet/GMC vehicle. OAC by TD Financing Services (fixed rate special only) or Ally Credit. Interest applies for entire financing term and accrues on unpaid amounts during deferral period. Financing term includes 2 month extension when financing through TDFS. Offer not available to Quebec residents and may not be combined with certain other consumer incentives. GMCL, Ally Credit or TD Financing Services may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ®Visit onstar.ca for coverage map, details and system limitations. Services vary by model and conditions. †Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions that apply to The GM Card Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Allowance Program. ®Registered trade-mark of General Motors Corporation/Used under license. TD logo is a trade-mark of The Toronto-Dominion Bank. ∞Smart Purchase™ financing is available on approved credit through Ally Credit. Eligible vehicles: 2010/2011 MY new or demonstrator Chevrolet/Buick/GMC/Cadillac. Dealer order (2011MY only) or trade may be required. Limited quantities of certain 2010 models. Applies only to qualified retail customers in Canada. Payments amortized over a term of up to 84 months. At months 35-37, 47-49 or 59-61 customers may: (i) exercise option to return vehicle for sale to Ally Credit if applicable conditions met, including payment of $199 disposal fee and any excess wear/km charges; (ii) continue at initial payment amount for remainder of amortization term; or (iii) trade-in vehicle to dealer. This offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL or Ally Credit may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ♦♦Offer applies to new or demonstrator 2010 MY Silverado/Sierra Light Duty Extended and Crew Cab C/K Models 1SF, 1SB, 1SD (excludes hybrids) delivered after May 1, 2010, while supplies last at participating dealers in Canada. Dealer order or trade may be required. Eligible customers receive either: (a) a pre-installed Chrome Accessories Package (grille, 6" tubular assist steps, door handles and mirror caps) valued up to $1500 (tax inclusive) ("PDG Truck"); or (b) a Custom Accessory Credit of up to $1500 (tax inclusive) to be used towards the purchase of genuine GM Accessories to be installed on a non-PDG Truck from on-ground inventory. Dealer installation included. This offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See your GM dealer for details. ♠$1,000 is a manufacturer to consumer incentive (tax inclusive). Example: $10,000 purchase price, after tax price is $11,200 ($10,000 plus $1,200 applicable taxes). After applying $1,000 credit, after tax price is $10,200 ($885 reduced purchase price plus $115 applicable taxes), with the $1,000 credit being the $885 reduction from the purchase price and the $115 reduction in taxes which would have otherwise been payable on the full purchase price. $1,000 credit available to current owners of a Buick/ Cadillac/ Chevrolet/ GMC vehicle registered and insured (in Canada) in their name for the previous consecutive six months and who are not eligible for the Discontinued Brand Owner Loyalty, Van Owner Loyalty, or Lease Bucks programs. Credit may be applied towards the purchase/finance/lease of an eligible new 2009/2010/2011 Model Year Buick/Cadillac/Chevrolet/GMC vehicle, delivered between 10/19/10 – 12/30/10. Ineligible vehicles: Aveo, Cobalt, Cruze, all Pontiac, Saturn, Saab, and Hummer vehicles, and medium duty trucks. Offer is transferable to a family member living within same household (proof of address required). Dealer may request documentation and contact GM to verify eligibility. Offer may not be redeemed for cash or combined with certain other consumer incentives. See dealer for details. GM reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice. ▼▼To qualify for GMCL's Cash For Clunkers incentive, you must: (1) receive Government confirmation of vehicle eligibility under the Retire Your Ride ("RYR") Program, supported by The Government of Canada, and turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months (12 months in B.C.); (2) turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured under (i) a small business name for the last 6 months or (ii) your name for the last 6 months in B.C.; or (3) turn in a 1996 through 2003 MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months. GMCL will provide eligible consumers with a manufacturer to consumer incentive (tax inclusive) to be used towards the purchase/finance/lease of a new eligible 2010 or 2011 MY Buick/Chevrolet/GMC/Cadillac vehicle delivered between October 1 and November 30, 2010. Ineligible vehicles: Chevrolet Aveo, 2010 MY Chevrolet Cobalt, 2011 MY Buick Regal, Chevrolet Cruze and Cadillac CTS Coupe, and Medium Duty trucks. Incentive ranges from $750 to $3,000, depending on model purchased. Incentive may not be combined with certain other offers. By participating in the Cash For Clunkers program you will not be eligible for any trade-in value for your vehicle. See your participating GM dealer for additional program conditions and details. GMCL may modify, extend or terminate program in whole or in part at any time without notice. If you successfully complete the RYR Program, you will be eligible for a $300 cash incentive from the Canadian Government. Residents of Northwest Territories, Yukon or Nunavut are excluded from the RYR Program and are therefore ineligible for GMCL's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca (www.scrapit.ca for residents of B.C.) for more information.

Double Discount!

50% off ENTIRE STOCK

when you buy 2 pair

- All Frames
- All Lenses
- All Options

40% off
1 pair purchase

Savings applied to lenses with the purchase of a complete pair of eyeglasses. SunSations Collection not included. Complete pair purchase required. See optician for details. Cannot be combined with any other offer, vision care plan, package pricing or prior orders. **Eye exams arranged. Offer ends November 30, 2010**.

Free $20 gift card

Complete pair purchase of eyeglasses must be purchased to receive $20 Bay mail-in gift card. Must present this ad to receive the offer. Gift card will be delivered via post mail 4-6 weeks after purchase. Cannot be combined with any other offer, vision care plan, package pricing or prior orders. Gift card usage is excluded in Bay Optical Centers. One $20 gift card per customer. Offer ends November 30, 2010.

Biggest Contact Lens Sale Of The Year!

November 15th-30th
All Brands On Sale

Valid prescription required. See optician for details.

Queen Street	**(416) 861-6201**	**Sherway Gardens**	**(416) 626-4711**
Bloor & Yonge	**(416) 972-3352**	**Scarborough Town Centre**	**(416) 296-0555**
Yorkdale Mall	**(416) 789-8636**	**Eglinton Square**	**(416) 759-4771**
Fairview Mall	**(416) 491-2010 x264**	**Oshawa Centre**	**(905) 571-1211**

the Bay OPTICAL